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September 3rd, 2014 ■ Issue No. 5 ■ Volume 105

THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

GREEN & GOLD

ORIENTATION
PULL OUT
INSIDE



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colophon

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haiku

First one of the year!
So this one better be good
Shit, I'm out of lines

Apple products suck hard
Throwing my desktop outside
InDesign sucks so hard

First years are so small
And they're goddamn everywhere
Walk on the right side



streeters

COMPILED AND PHOTOGRAPHED BY **Andrea Ross + Kevin Schenk**

As you may have heard, school is back in session!

WE ASKED...

What are you most looking forward to this year?



Dallas Mix ALUMNUS

"Moving into the new climbing centre. And getting married."



Meagan McGill SCIENCE IV

"The opportunities to get involved, volunteer and further my education."



Caro Vanrensburg ARTS I

"Meeting a wide range of people. There are a lot of opportunities here."



Ahmed Abdelrahman BUSINESS IV

"Graduation. Easy. I'm just trying to get out of here."



Evan Hole SCIENCE III

"Meeting people. I like university because it's so social."



Nasab Radwan GRADUATE STUDIES II

"I'm looking forward to possibly being part of all the groups I joined, and try and volunteer as much as possible."

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Temporary parklet set up to remember U of A athlete

Richard Catangay-Liew
NEWS EDITOR ■ @RICHARDCLIEW

Friends and family of former University of Alberta Golden Bear track athlete Isaak Kornelsen set up a temporary parklet memorial on Whyte Ave. on Friday, Aug. 29 in memory of his life.

Kornelsen lost control of his bicycle on Aug. 27, 2012, after striking the mirror of a parked truck on Whyte Avenue and 101 Street. He was then run over by a cement truck, and was killed instantly.

Kornelsen's friend and teammate, Jonathan Behnke, piloted the memorial, which he said serves as a reminder to Edmontonians to think about sharing city roads and streets.

"There seems to be an imbalance between heavy motor traffic, bicycles and pedestrians all trying to share this tight area," he said.

"We want to make the road a more complete street that's safe and comfortable for all different modes of transportation."

The day after Kornelsen's memorial service in 2012, Behnke moved to the University of Guelph to study landscape architecture. With the passing of Kornelsen still on his mind, Behnke dedicated his first assignment to him, designing a parklet memorial in honour of his friend.

The school project eventually became a reality, as Behnke approached the City of Edmonton with plans to install the parklet in front of 101 Street on Whyte Avenue, where Kornelsen was killed.

Every element in the parklet's design paid homage to Kornelsen in some way. The angular, jagged yellow walls — Kornelsen's favourite



DEDICATORY DESIGN Friends and family gather at a parklet while remembering Isaak Kornelsen.

RICHARD CATANGAY-LIEW

colour — represented mountains and a sense of discovery and exploration, which was something Kornelsen exhibited intensely, Behnke said. An array of flowers and vegetation which sprouted over the walls symbolized life overcoming the solemnity of Kornelsen's death.

"Isaak would of wanted us to celebrate his life, and not focus on his death," Behnke said.

The blue floor of the parklet was reminiscent of Foote Field, where Kornelsen spent countless hours training and competing as a runner for the Golden Bears track and field team. The combination of the blue floor and the yellow walls also represented Sweden, a country and culture Kornelsen felt passionate about.

A black pop-up piano on-site

entertained parklet patrons, as Kornelsen was an avid and talented musician, former Golden Bear teammate and friend David Falk said.

"Isaak had this sort of alternative style to thinking about things," Falk said.

"I think he really would have enjoyed this. I think the parklet really raises awareness and causes you to rethink about how we share

space in an urban setting."

While Kornelsen's parklet memorial was just a one day event, Behnke said he hopes it's a start to creating safe pedestrian resting spaces on Edmonton streets.

"I want this memorial to be, at minimum, an annual thing each year," Behnke said. "But hopefully we can expand on it and maybe get it for a full week. Eventually, it would be great to see more parklets in a busy space like Whyte Ave., where there aren't many places for people to sit down."

Keeping a parklet up from May to October would cost approximately \$30,000 to build and maintain, Behnke estimates.

For now, Behnke wanted strangers passing by to stop and ponder about what it means to have a road everyone can share equally and responsibly.

Pedestrians approaching the parklet were greeted with running track lane markings accompanied with a quote chalked onto the ground, which was an excerpt from Kornelsen's speech as valedictorian of Strathcona High School his senior year.

"Have you ever stopped to think about the world?" the quote read.

The running track markings then led pedestrians around the parklet memorial, ending with another quote from Kornelsen's speech at the finish line.

"I'll see you out there in the world looking for a waterfall to discover," it said.

"That's how Isaak concluded his speech, so it's a way to send people back into their day," Behnke said.

"Hopefully they leave with a new viewpoint, and that's what we wanted to do today."

New student space for gender and sexual diversity now open

Jacquelin Gregoire
NEWS WRITER ■ @JAKIG1

The Students' Union Building will boast some new post-renovation threads this September, including the green carpeted and colourfully decorated LGBTQ support centre, The Landing.

Located in the basement of SUB, this new student space for gender and sexual diversity is based off three key elements: visibility, accessibility and inclusivity.

Along with his colleagues, The Landing program manager Parker Leflar titled the space with a term they said is open and welcoming to a diverse population.

"When a new student comes to campus, it's a safe place for them to land regardless of their identity, sexuality, or whether they know anybody else on campus," he said.

The name was created in an attempt to make students feel comfortable enough to seek the support they need. Students' Union Vice-President (Student Life) Nicholas Diaz sees the title as catchy, but functional — a unique aspect that sets it apart from similar support centres in Canadian schools.

"At other universities, they call it something like The Queer Centre or LGBTQ Resource Centre," Diaz said.

"We really wanted to get away from that clinical LGBTQ focus and have it be more about the feeling you get when you're there."

"This is a place where you can go and be yourself."

As a former executive of OUTreach, the U of A's queer social group, Diaz found there wasn't enough support for LGBTQ students on campus, and the social group was absorbing a lot of that service burden. Alongside other passionate students, he advocated for the creation of The Landing.

"Through our research, we identified three aspects to supporting LGBTQ students: social mechanisms, support mechanisms and research and education," he said.

Social and educational elements for LGBTQ students are already largely covered by OUTreach and the Institute for Sexual Minority Studies and Services (iSMSS), respectively. This left a gap in the area of support, which prompted the creation of a student support based space on campus.

With peer mentorship as its main model, The Landing is centre made for students, by students.

"The Landing works quite collaboratively with OUTreach and iSMSS to complete the trifecta," Diaz said.

Leflar said the centre should see



CORDIAL CORNER A new space welcoming LGBTQ students recently opened in the basement of SUB.

CHRISTINA VARVIS

success because it's something campus needs.

With the goal of putting gender and sexuality into a broader context of understanding, The Landing volunteers go through 30 hours of comprehensive training where they learn about terminology and systems of oppression. Volunteers also learn about community and campus resources, so clients can be referred

appropriately. But beneath training, mentorship begins and ends with the camaraderie of students helping students.

"The interesting thing is there isn't one quality that's essential for volunteers to have because it's really important that they mirror the diversity of our student population and of the LGBTQ community," Leflar said. "So if a student comes

in, they can see themselves reflected in the volunteers in some way.

"Being an open person is very important for volunteers so that they're accepting and welcoming of anyone who may drop by."

Though recruitment is now closed, people interested in short-term volunteering can visit The Landing in the newly renovated SUB basement.

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DINO DISCOVERY Gregory Funston is studying fossils of the Oviraptorosaur Chiroteenotes.

CHRISTINA VARVIS

Dino fossils show link to birds

James Davison
NEWS WRITER

Researching birds can only reveal so much about their history. So, Greg Funston is looking at the next best thing: dinosaurs.

Now pursuing his master's degree at the U of A, Funston focused on a group of bird-like dinosaurs found in Southern Alberta known as "Oviraptorosaurs." He specifically hopes to learn from fossils of the Oviraptorosaur Chiroteenotes, a toothless and omnivorous dinosaur, as they may offer clues towards how birds became an integral part of today's environment.

"By studying the way toothlessness evolves in one group where we do have the fossils, you can kind of fill out the blanks in birds," Funston said. "We know feathers didn't evolve for flight, they evolved for some other reason, and then they were used for flight because they were already there."

Not only is the evolution of birds' beaks an interest to Funston, but also the development of feathers.

Funston recently returned from Mongolia where he viewed an Oviraptorosaur fossil named 'Big Mama,' whose fossil was found protecting her nest, much like a bird. Funston said these dinosaurs might

have used their feathers to insulate themselves and their young.

"It's actually sitting on top of the nest of eggs, and if you look more closely at how the arms are positioned, you can actually see that where these feathers would be should be overlying the eggs," he said. "There's a serious thought that feathers were developed for insulation, and specifically to help brood the eggs."

Funston said Chiroteenotes fossils are commonly found in positions like this, but not all present such a cute and homey scene. In 1993 near the Royal Tyrrell Museum outside Drumheller, Alberta, a well-preserved specimen was found in a gruesome clutch of death.

"The arm has been dislocated quite violently, it has actually been popped out of the shoulder socket," Funston said of the mangled fossil. "The arm has been rotated, but the hand's also been rotated 180 degrees."

Earlier in his undergraduate program, Funston researched invertebrates and their mysterious shell features.

"We were figuring out how the shell works, because there's a feature of the shell that evolves throughout time, and we can show that it did evolve, but we couldn't

show why it evolved, so we are still trying to figure out why exactly it evolved," Funston said. "It's not directly related to my interests but it's still a cool project."

Research on Chiroteenotes fossils began in Funston's fourth year, after he approached paleontologist Philip J. Currie, one of the founders of the Royal Tyrrell Museum.

"There's always this thought that professors are these grumpy old men who don't like undergraduate students, and that's not true at all," Funston said of his relationship with the renowned dino hunter. "Professors really like taking on undergraduate students."

For young dinosaur enthusiasts and paleontology prospects, Funston recommends getting involved early. He also described his studies as an "all-or-nothing situation," where you must be willing to completely apply yourself.

"It's one of those things you have to throw yourself into, and just kind of see if it works, and for some people it doesn't work out, and they find they don't like research at all," he said. "For others, they find a passion along the way."

Enterprise Square Galleries will be hosting an exhibition highlighting Funston and Currie's discoveries, beginning Sept. 18.



SUPPLIED - GREGORY FUNSTON

**ADVANCED ACTIVITY** New exercise programs are about to be unveiled.

CHRISTINA VARVIS

LiveWell set to launch

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

While everyone is enamoured with the outside of the new Physical Activity and Wellness Centre, University of Alberta Recreation Services remains focused on the facility's onslaught of new programming.

On May 9, 2014, Dean of the Faculty of Physical Education and Recreation Kerry Mummary proposed that the U of A's Board of Governors approve an increase to the Athletics and Recreation Mandatory Non-Instructional Fee. The increase bumped the mandatory fee from \$65.62 to \$82 per term for full-time students, and from \$32.81 to \$41 for part-time students.

Included in the proposal was the then unnamed LiveWell initiative.

The LiveWell initiative offers free access to regular season Golden Bears and Pandas games, 10 per cent off Recreational Services programs, and free access to several physical activity and wellness programs at the U of A to all students.

U of A Recreation Services Program Coordinator Megan Ragush knows many students will never walk through the turnstiles leading into the locker rooms, but hopes LiveWell changes their thinking.

"You don't have to come to the gym for a treadmill for half an hour or lift some weights," she said. "You can do a zumba class, go for a swim or run on the track. It creates an overall wellness and opportunity for students to meet new people and deal with common stressors."

Ragush added that the LiveWell initiative is meant to complement the services provided by University Wellness Services in the Students' Union Building, which is primarily focused on medical health. LiveWell's core, meanwhile, is centered on fostering physical and social wellness on campus.

"One of the goals for the initiative is to have a balance between education, mental health and physical health," Recreation Services Director of Marketing Andrea Brown said. "We're trying to encourage students to open up their networks and meet friends who aren't really part of their faculty."

"I think it will create a better community for the U of A."

Brown, who recently graduated from MacEwan University, said her post-secondary experience lacked this type of programming. She also found that her program didn't have many people who participated in physical activity.

"I think it would've allowed me to meet new people, plus it's great for mental health," Brown said. "They don't realize that exercise can give them a release from that kind of stress."

One of the main deterrents for people not participating in physical activity is because they don't like doing it alone, Ragush noted. But several LiveWell programs group students with someone in the same position as them.

Programs like Intramural Free Agent Teams or Workout Buddies sets lone individuals up with others who don't have a workout partner or teammate.

Ragush, who completed her kinesiology degree at the U of A in 2009, also knows how difficult it is for students to participate in physical activity from a financial standpoint.

"Having these services for free is valuable," she said. "I know students are on a tight budget, so while they may want to participate in these sorts of things, in the past they might not have had a chance to afford it."

LiveWell will officially roll out on Sept. 8. In the meantime, students can find more information at www.recservices.ualberta.ca.

C.R.E.A.M.

(Campus Rules Everything Around Me)


gatewayNEWS

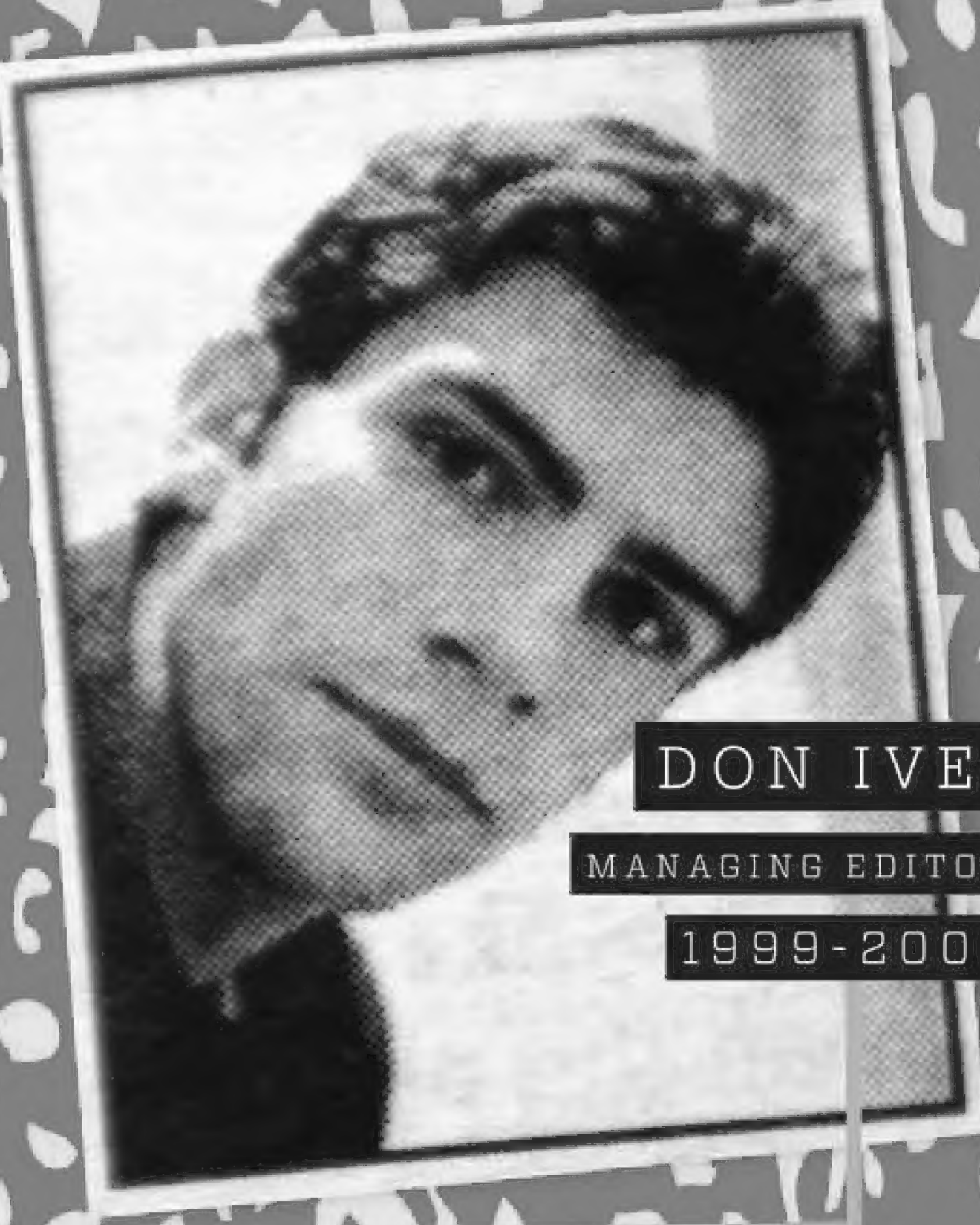
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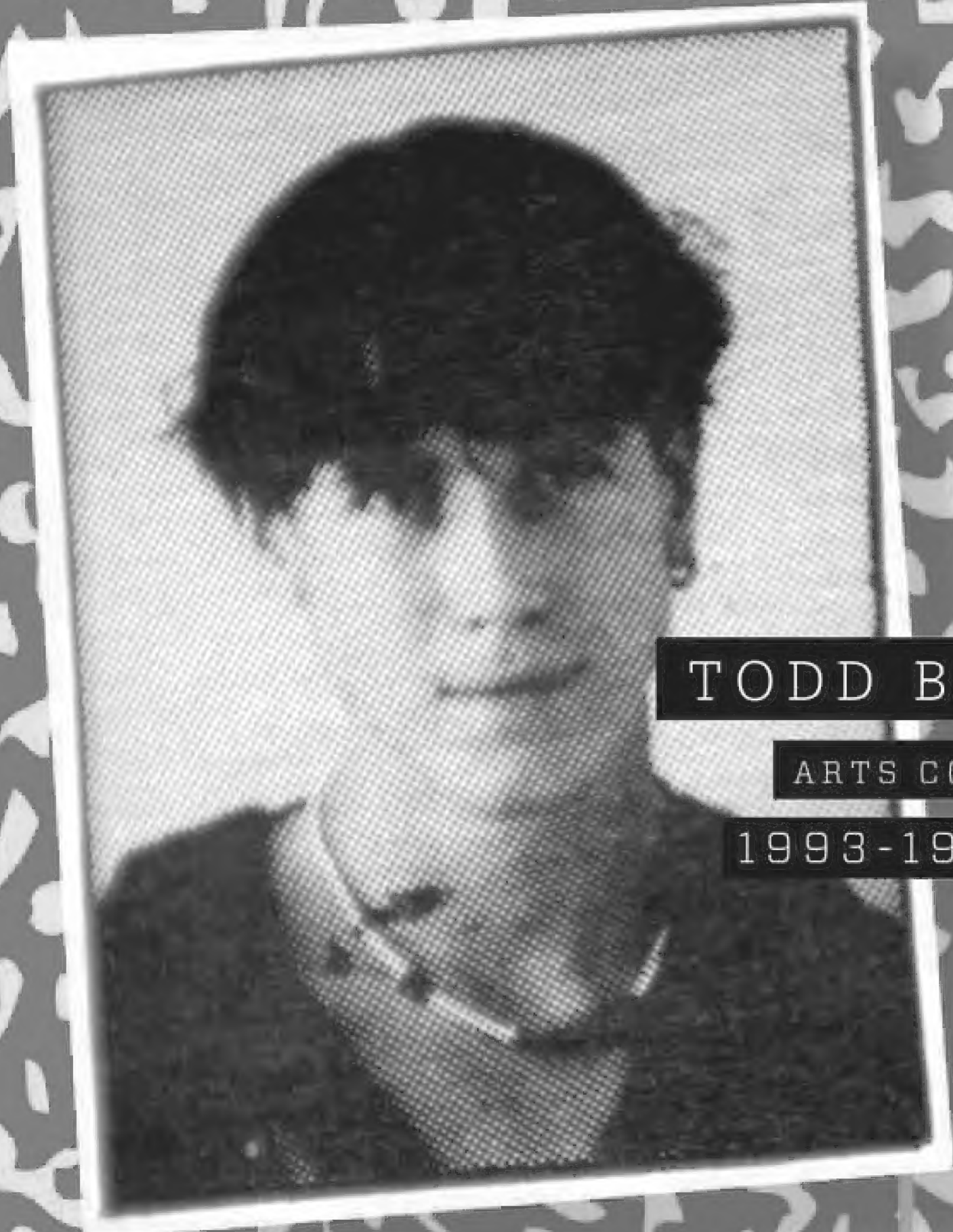
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EDMONTON

(AND HE WON IN A
LANDSLIDE VICTORY.
OF COURSE)

2014

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(PRIZEWINNING
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Card game deals out info about healthy weight

Shandi Shiach
OPINION EDITOR • @SHANDILLIAHOSEN

Geoff Ball’s idea to engage families about healthy weight didn’t come in a lecture, but rather a buffet line.

While in line with a colleague, the associate professor of pediatric medicine at the University of Alberta learned about “Agenda Cards,” which are used to understand life-style challenges of Type 2 diabetes patients. The Agenda Cards came about as part of a United Kingdom interim report on providing better care, whereas Ball created his tool, CONversation Cards, out of academic research.

Nearly two years later, Ball and his team won a first place Great Education Materials award.

“Most researchers would love to be able to have their research be practical,” Ball said.

Ball, who is also an adjunct professor of nutrition and public health, is founding director of the Pediatric Centre for Weight and Health at the Stollery Children’s Hospital. His CONversation Cards allows parents and caregivers who’ve been referred to his clinic, or to other nurse practitioners, exercise specialists, dietitians and physicians who purchase the tool through the Canadian Obesity Network, to highlight their needs and help direct their own care.

From the deck of a little over 40 cards, families choose those displaying statements that resonate most with them. Examples include, “I like it when my clinician asks us what we want to discuss,” “My child is too shy to talk with the clinician,” or “Our finances limit what we can do.”

Ball said tools like this help nurture a less paternalistic, more

individually empowering model in an area of care that, unlike emergency rooms, people won’t show up to unless they want to. He sees it as fostering rapport and relationships that help families fit healthy choices into their unique lives.

“It gives tangible things that families can focus on,” Ball said. “The cards put a proactive, things-you-can-do kind of approach on a topic that is often quite difficult to talk about. It just provides a different way to engage families.”

In 2013, Ball’s master’s student Biagina-Carla Farnesi published a small paper about the cards in the *Journal of Nutrition Education and Behavior*, neither of them aware that the journal holds two annual contests for the best articles it runs. Ranked by independent voters, their paper won in the nutrition education resources category.

Ball has worked on pilot projects for patient engagement in these areas before, including a previous iPad app for parents in waiting rooms, and recently made headlines with research on metabolic markers of health in obese children.

He’s now looking to get at the family spirit of healthcare participation, examining challenges, barriers and motivation for weight management. Part of the research grant project includes developing a deck of cards for use with teens. Interviews begin early next year, with 200 or so families being recruited for the bigger study at two Edmonton locations, as well as in Calgary.


The ultimate goal remains better health outcomes.

“People don’t need to be hammered over the head with things they shouldn’t do,” Ball said. “We know that that sort of more positive approach is more successful.”

Date {dd/mm/yyyy}: _____ / _____ / _____

Child Name: _____

Parent Name: _____



Circle card number(s)			
1	I like it when my clinician explains medical terms	23	I can't afford to register all my kids in sports
2	I like it when our clinician gives clear explanations	24	Our finances limit what we can do
3	Our clinician's attitude is important	25	It is hard to find time to exercise
4	I like it when our clinician asks us about our lives	26	We have trouble sticking with an exercise plan
5	I like it when my clinician asks us what we want to discuss	27	Our schedules make it hard to exercise together as a family
6	It's important for my child to share their thoughts	28	My child does not like to exercise
7	My child is too shy to talk with the clinician	29	It is difficult finding a physical activity my child enjoys
8	It's good for my child to be involved in discussions	30	Having friends participate helps motivate my child to take part in physical activity
9	It's helpful to write down what we eat and do	31	I would like a specially-trained fitness instructor to work with my child
10	Tracking eating and activity takes time	32	My child buys fast food when I am not around
11	I like progress reports	33	I have a hard time eliminating junk foods
12	I don't feel we have made improvements	34	I don't know which foods I should be buying
13	I enjoy celebrating positive changes in health	35	I don't have time to prepare meals
14	I am frustrated that my child is not losing weight	36	I want to learn how to make healthy foods fun
15	Follow-up visits help us stay on track	37	I fear my child is being teased
16	I would like more information about making healthy changes in between appointments	38	My partner does not respect the changes I am trying to make
17	Ongoing contact with our clinician keeps us motivated	39	My child ignores what I say
18	I feel overwhelmed and lack support	40	I would like my child to listen to me
19	Having a goal helps us stay motivated	41	My child does not take responsibility for their health
20	Goals are important for success	42	I would like my family to help me with making changes
21	I have trouble setting realistic goals	43	We have difficulty maintaining health changes
22	It's hard to get to and from activities	44	I am ready to make healthy changes

Notes / Follow-Up Plan:

ACADEMIC ACTIVITY Geoff Ball is using an unorthodox way of educating people about healthy weight.

SUPPLIED

SU campaign looks to turn the page on expensive textbooks

Richard Catangay-Liew
NEWS EDITOR • @RICHARDCLIEW

The Students’ Union is encouraging students to dodge the September bookstore rush with its Be Book Smart campaign, an initiative designed to reduce the burden of high textbook costs.

SU Vice-President (Academic) Kathryn Orydzuk said textbook prices put a strain on students when planning expenses for the new academic year.

“In a survey we conducted recently, we found that 88 per cent of students think they pay too much for textbooks,” Orydzuk said.

“The University of Alberta tells students to budget at least \$1,200 for textbooks per year, which can

buy you a lot of other things.”

On average, students spend \$7,800 on their education per academic year, with textbooks forming 15.4 per cent of the cost.

Be Book Smart recommends students — especially first-years who might not be aware of other options — buy used textbooks, ask their professors about older editions, be patient when shopping around, share a text with a classmate, borrow from the library or download an eBook.

The campaign was initiated in 2008 after a Council of Alberta University Students roundtable, which discussed academic materials.

In 2012, the Be Book Smart campaign became an annual fixture with a major push during the Week

of Welcome, when the bookstore generally sees the highest traffic every year.

While Be Book Smart is largely geared towards providing students with resources to lighten the cost of textbooks, it also encourages professors who assign students textbooks to do the same.

The SU supports the instructor’s right to choosing and assigning their teaching materials, but noted there are ways to ensure all students can afford their required textbooks.

During her term as VP (Academic), Orydzuk hopes to educate instructors on what they can do to help reduce the cost of academic materials.

In 2013, the SU didn’t have permission to forward professors

information about ways to cut the cost of textbooks when they started campaigning during the Week of Welcome.

This summer, Orydzuk was able to reach out to U of A professors via e-mail while outlining the various ways they can help students to save money.

“All responses were positive,” she said. “Profs told me about the things they do to help students and other things which I might consider putting into the campaign for the future.”

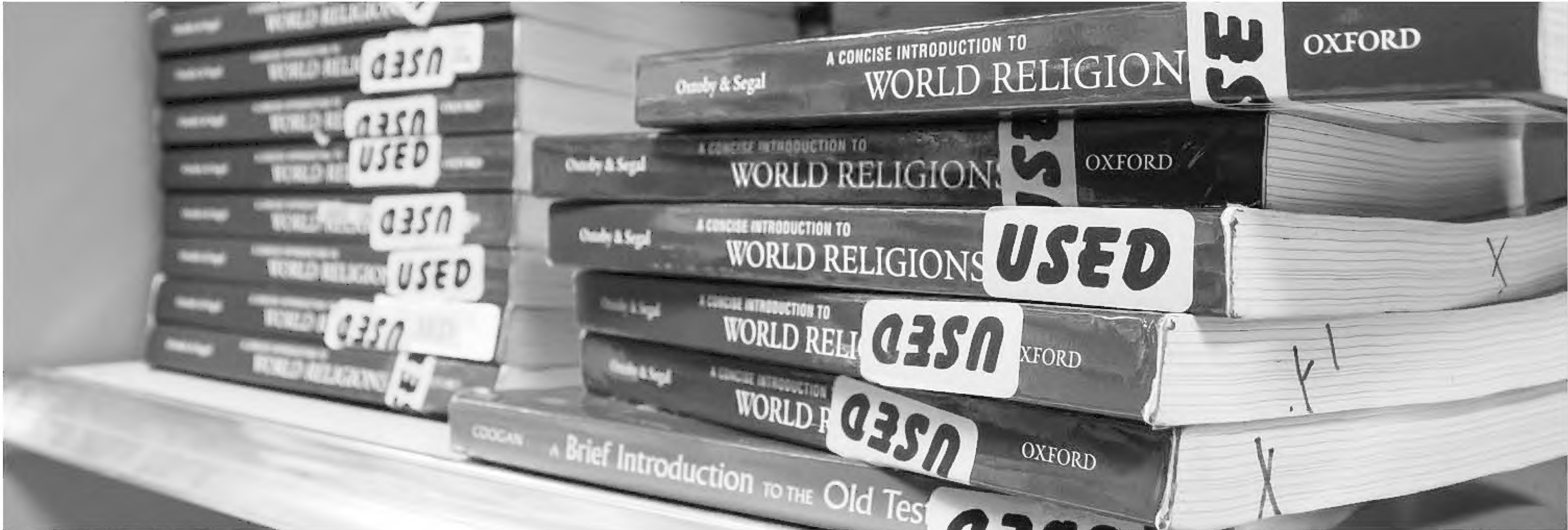
The SU recommends professors get to know the price of textbooks, as publishers sometime send materials with no price attached, to recommend textbooks only when needed, and to reuse past editions

or to print course packages and handouts at SUBprint.

Orydzuk said she hopes to implement a database that specifies places that offer certain used textbooks. For now, students are encouraged to look at retailers like Amazon, eBay, Kijiji, used book stores or other university bookstores.

“In the future, I also want to do some professor recognition for instructors that already use some ways to help students save money on textbooks,” Orydzuk said.

But some professors might not be aware of cost reducing methods when it comes to teaching materials, so Orydzuk advises students to play a pro-active role and approach their instructors and inquire about alternate educational resources.



BUDGETING BOOKS A Students’ Union campaign is trying to get students to shop smarter when it comes to textbooks.

CHRISTINA VARVIS

PhD student looks to fight racism in social media

Nathan Fung
NEWS WRITER • @OPINIONATEDHACK

While social media platforms like Twitter make opinions easier to be heard, there typically is little or no filter. In an effort to combat online racism, a U of A student is looking at ways to censor and take action against hateful tweets.

Last summer, University of Alberta sociology PhD candidate Irfan Chaudhry collected thousands of tweets from Edmonton, Calgary, Winnipeg, Toronto, Vancouver and Montreal to grasp an understanding of racism online. Having previously worked at the Racism Free Edmonton project, a collaboration between groups and institutions in Edmonton committed to fighting racism, Chaudhry decided to look at racism not only in the city, but across social media.

“Trying to understand racism on the online realm is something that I’ve always been interested in,” Chaudhry said.

Using social media management system Hootsuite, Chaudhry refined his search by key terms and racial slurs used via geolocation. He then separated negative tweets from non-derogatory tweets in order to get a picture of the racist landscape on Twitter.

Chaudhry found half the tweets he looked at were “real time responses,” which are spontaneous reactions to something the user is experiencing and is live tweeting. Chaudhry also noted how racism observed online reflected some aspects of the offline world. On the breakdown of racist tweets, the tweets from Edmonton, Calgary and Winnipeg are largely directed towards Aboriginals, while those in Toronto, Vancouver and



RACISM RESEARCH Irfan Chaudhry is looking at how racism can be fought online.

PHOTO ILLUSTRATION - KEVIN SCHENK

Montreal are largely directed towards blacks.

Another aspect reflected in the tweets is how similar attitudes were to how minorities are perceived offline.

“One of the things we did (at Racism Free Edmonton) was release a survey in 2012 that was looking at Edmontonians’ perception of discrimination in the city,” Chaudhry said. “One of the key findings of the study was how most Edmontonians felt that the Aboriginal population faced the most discrimination, so

it’s really interesting to see those same tensions happen online.

“What people once may have thought was a thing of the past (can be seen) manifesting itself online now, so it’s just kind of shifting its medium. Maybe 10 to 15 years ago, someone scrawling some kind of racist term on the wall with spray paint... now it’s more online.”

Much is to be discussed about the issue of racism online and in general, Chaudhry said. One of which is related to education.

U of A Faculty of Native Studies

professor emeritus Patricia McCormack identifies the racism on Twitter as micro-aggressions, which are “the casual kind of thoughtless comments people make because they don’t know any better.”

“There’s really no place for (people) to learn (about racism),” McCormack said. “They’re certainly not going to learn it in the school system.”

Another discussion Chaudhry is looking at deals with legal ramifications and censorship of online racism. Since there’s no “real world

accountability” for racist tweets, Chaudhry said he’s interested in how law enforcement can get involved in combatting racism on the internet.

“In the online world, it creates another level of complexity. It is going to be useful to see how it proceeds and how laws and hate speech laws can catch up, if at all,” Chaudhry said. “And you see that (online) censorship happening in other countries... and (it’s worth asking) do we want to go down that path as well? That’s a whole other can of worms.”

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Prof wins national award in fight against tuberculosis

Collins Maina
NEWS WRITER • @COLLINSMANIA

What started as a part-time job taking care of patients at the University of Alberta evolved into an unexpected career in the forefront of public health advocacy for Anne Fanning.

The retired professor from the U of A's Department of Medicine received one of Canada's most prestigious medical honours on Aug. 20 in Ottawa. The Canadian Medical Association awarded Fanning the Frederic Newton Gisborne Starr Award for her work in the global fight against tuberculosis (TB).

Fanning is still taken aback by her achievements in a career she didn't anticipate getting into 40 years ago, when she was working part-time in health care to provide for her family.

"It was an incredible revelation because it transformed the vision of dealing with one-on-one patient issues, which I had when I was training, into a sense that you are looking at population health and what to do to keep the population healthy," she said.

Fanning joined the U of A's Department of Medicine in 1972 after finishing her graduate studies in medicine at the University of Western Ontario. Fanning's post-graduate training in internal medicine and infectious diseases then landed her in Alberta.

Caring for TB patients at the U of A eventually became a launching pad for her career. Fanning worked for Alberta Health's TB services control program in 1987, and became a medical officer for the World Health Organization in 1998. After losing her position as head of Alberta's TB program in 1995 after publicly challenging budget cuts, Fanning continued working towards encouraging advocacy, setting up a program at the U of A to teach medical students about global health.

"I learned as I went along," she said. "I learned a lot from other public health physicians and nurses, a lot from communities ... by establishing relationships."

Fanning's work has focused on promoting education and training to mitigate TB in both developed and developing countries.

"You want to know where the cases are, and how you can diagnose them quickly and efficiently — especially the most infectious ones," she said. "You want to make sure that you have a system in place to isolate, to treat and to educate so that everybody knows how to find them and treat them."

Stressing the importance of effective systems, Fanning said TB is "easy as pie to treat." Fanning herself was infected with the disease 30 years ago, when she was working in clinical patient care, and took preventative treatments to ensure she didn't get sick.

■ **"You breathe it in and nine out of 10 people who get infected never get sick."**

ANNE FANNING
FREDERIC NEWTON GISBORNE STARR AWARD WINNER

"One of the really interesting things about TB is that you don't even know that you are infected," she said. "You breathe it in and nine out of 10 people who get infected never get sick. Half of those get sick with something else and the other half get it later on in life."

On the advocacy front, Fanning's efforts also look at how public policy systems can reduce TB on a global socioeconomic scale.

"It's closely linked to poverty, and it's easy to diagnose if you have the access to a system that can do it. The treatment has been laid out since the 1950s, and it is cheap," she said.

Looking back at the caliber of previous award recipients, Fanning noted it's most likely her passion for helping others that garnered national recognition for her work.

"The exciting thing about (the award) is that it has gone to stars of medical science — and I am not a star of medical science," she said. "I think that it is really important to care passionately about what you do and to be prepared to communicate that by speaking out when you don't see that what is going on is appropriate."



TUBERCULOSIS TREATER Anne Fanning has won national recognition for her work in TB. SUPPLIED

SFU student invents program to improve online dating tactics

Nadine Chan-Ying
THE PEAK • SIMON FRASER UNIVERSITY

Second-year SFU software systems student Joel Zhang has coded a program to mass-like thousands of women on the widely used dating app Tinder.

When discussing how he came up with the idea to write the program, Zhang explained, "I was actually studying for finals, and I got bored, so I opened up the Tinder app. But once I started clicking 'like,' I thought, 'There should be a faster way to do this.'"

In all, the program took him under half an hour to create. He coded the program on his computer and connected it to his phone so that it could analyze what data is sent and received from Tinder.

Information such as names, pictures, ages and distances away are accompanied with a unique ID number in a list. By clicking 'like,' a signal goes through a URL and inputs the ID number to notify the Tinder servers that one person has liked another.

Essentially, the program goes through the data in the list provided by Tinder, grabs the ID numbers, and sends these 'like' requests to the URL.

"To be honest, (the app was) not really about getting dates," Zhang said. "I'm just the sort of person who likes to tinker around with things. I was interested in seeing how Tinder works behind the scenes."

Up to now, his program has liked over 4,000 people in a 23 km radius. His app first received notice when he posted a screenshot of it anonymously on SFU Confessions, but ultimately he thought it'd be a funny



CALCULATED COURTSHIP A Simon Fraser University student has developed an algorithm to improve dating chances on Tinder.

KEVIN SCHENK

story to share.

Zhang is far from alone in his Tinder tendencies. An experiment conducted by The Mirror in the U.K. revealed that approximately one third of men will swipe right on almost anything. Journalists created a fake Tinder profile with a male name and a picture of the Cookie Monster from *Sesame Street*, and found that

zero per cent of women clicked yes whereas 33 per cent of men clicked yes.

"Some guys feel like they can't afford to not swipe right," Zhang explained. This habit is likely related to the understanding that there tends to be more male users than female users on dating apps. Hence, men may feel like they have to play

the numbers game to better their chances and get matches.

Overall, Zhang is rather skeptical of meaningful relationships being formed off of Tinder. He said he believes most people use Tinder for similar reasons: to either hook up or boost their ego from seeing how many matches they can get. "If you go out on dates from that, you're not

really connecting based on personality," he said. "You have to remember the reason why people are on there in the first place."

Zhang doesn't currently have any plans to create an app version of his program, as there are already a few apps that provide similar functions, but he's always searching for new projects on which to work.

Opinion

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EDITORIAL COMMENT

Striving and thriving: advice from a fifth-year success story

I WAS LATE FOR MY VERY FIRST CLASS ON THE FIRST DAY OF MY undergrad.

I walked into Sociology 100 almost 20 minutes late after running around lost all morning. About 300 pairs of eyes turned to look at me as I opened the door at the back of the room, fumbling with a pile of textbooks I thought I had to bring while scanning the room for a seat. I was misty-eyed, embarrassed by being late but also so overwhelmed by the monumental day, the big class and the even bigger campus. Coming from a small town, I wasn't very prepared for the University of Alberta.

I failed math twice in high school and barely even made it into university. I didn't have a ton of friends. Freshly legal, I spilled a lot of vodka crans on the dance floor at The Rack. I sucked at sports.

Throughout the past four years, I've gotten a few As. I've also failed exams, withdrawn from classes, handed papers in late and cried in the bathroom from embarrassment over class presentations. I've also shared a lot of laughs over lukewarm beer and soggy fries at RATT, skipped class to finish writing Gateway assignments, spent bleary all-nighters in Rutherford Library and met some people I know I'll be friends with forever, no matter where we end up.

I still suck at sports, though.

But I really found my way here, on this huge campus. Not because of the classes I took, (some of which have been great, and some of which I barely went to) but because of the opportunity this place offers. The biggest thing you can take from this experience is discovering something you're passionate about. I love journalism, but I broke up with my long-time boyfriend the day I applied for Editor-in-Chief of this paper. That was the worst day ever, but this job is so worth it. Find something you really love to do, no matter what it is, work really hard at it, and you'll do just fine. You might go into this thinking you know exactly what you want to do, and leave on an entirely different path. You might not even finish all four years, and that's okay too.

You're going to get a ton of advice over the next week from lots of people who will tell you there's a way of "doing" university. Some of it will be so true (yes, you should study as hard as you can, and yes, you should be aware of the Freshman 15) and some of it just won't resonate (let's be honest, are you really going to get involved with all 15 clubs you signed up for at Clubs Fair?).

But coming from a fifth-year student who thinks she's got it (sort of) figured out by now, the best advice I can give you is this:

Take risks. There might never be another time in your life you can take so many risks and make so many mistakes with so little consequences. Thinking about running for club president? Just do it. Want to be a Students' Union executive? Might as well try. Want to go backpack around Europe next summer? Start planning it now. The stuff that sounds ridiculous and crazy and terrifying can often be the most rewarding.

Don't be afraid of failure. You're going to fuck up over the next four years, but you'll also learn the biggest lessons from those mistakes. You'll make mistakes that might even change your mind about what you want out of school, out of your career, out of life. Embrace it.

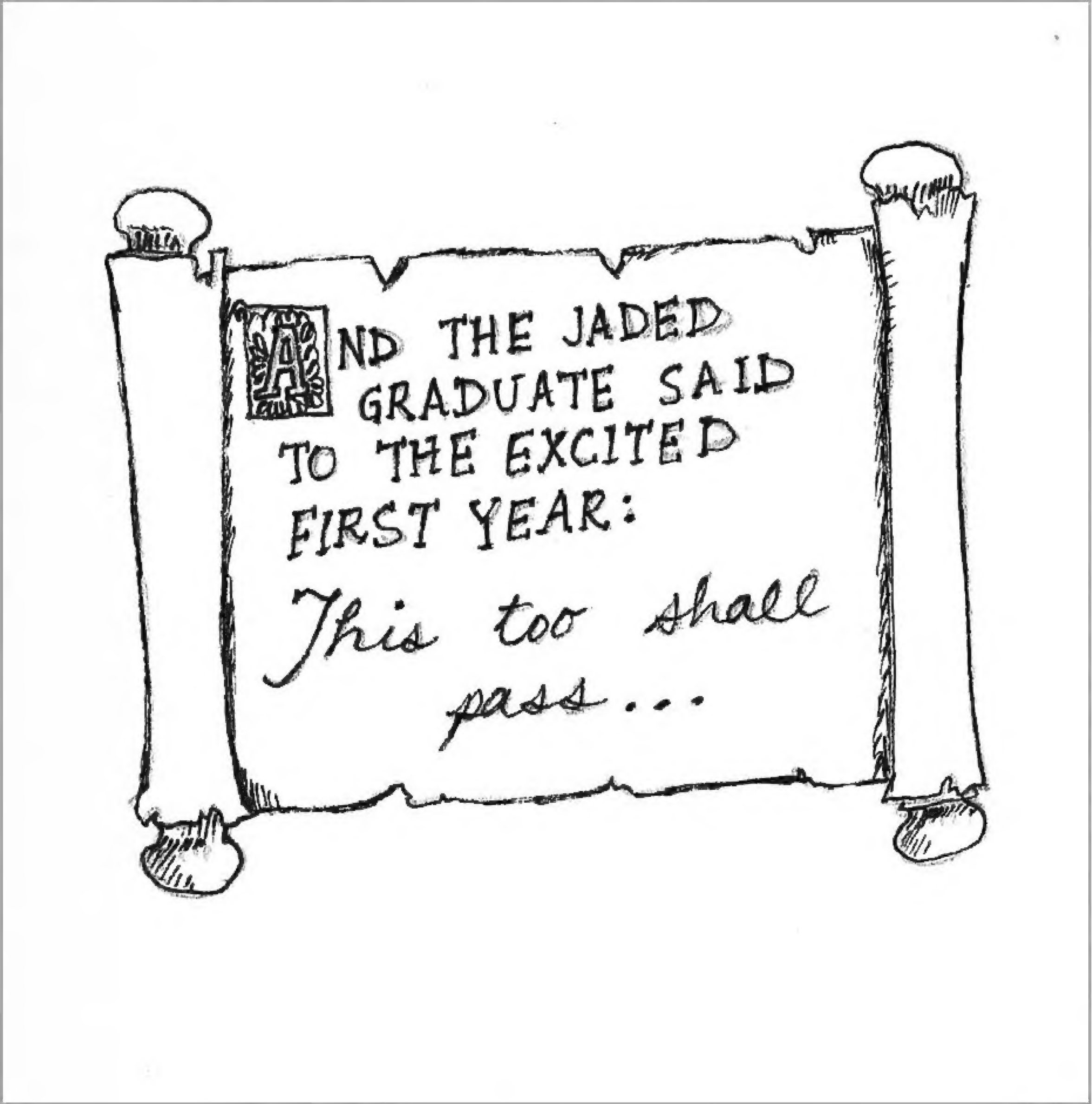
Reward yourself for your successes. Whether you got your first A or actually managed to make it to that 8 a.m. class for the first time in forever, acknowledge your successes, big or small. Us university students tend to be high achievers, forgetting to give ourselves a pat on the back for a job well done.

Ask for help when you need it. If you're overwhelmed with school or life, tell someone. Talk to a friend or someone in SUB at Counselling and Clinical Services. Get a tutor or help from someone at the Centre for Writers. We're all in this together, and there are many resources available on campus for those times you're second guessing it all.

Keep an open mind. University might end up being a little different than you expected. Everyone has a unique experience here, so don't ever feel like you're not on par with your peers. You'll learn things you never expected to learn, see things you never expected to see, and meet people you never expected to meet. You'll come out of here a changed person, either way. Welcome the new experiences.

If you're a first-year student reading this paper right now alone in a crowded study hall, I hope you know there are so many good things about to happen to you this year. You might feel like the smallest fish in the biggest sea right now. But if there's one thing I learned in EAS 100, it's that the little fish support the big sea.

Andrea Ross
EDITOR-IN-CHIEF



JESSICA HONG

letters to the editor

FROM THE WEB

Immoral anti-Arab bias

Re: "Letter: Don't turn a blind eye to Hamas terrorism," by David Jones, *The Gateway*, Aug. 16, 2014

The writer is full of anti-arab bias. Israel has more power in the conflict so it has to be morally wrong. There is no moral ambiguity, Israel is clearly wrong and is committing a holocaust.

Not a fascist
VIA WEB

Kudos on your rebuttal

Re: "Letter: Don't turn a blind eye to Hamas terrorism," by David Jones, *The Gateway*, Aug. 16, 2014

Big ups for David Jones. I, much like the author, find it abhorrent that Palestinian activists use a disingenuous comparison between the Israeli-Palestinian conflict and the actions of National Socialist Germany — i.e, the Holocaust — to further their argument. As much as Palestinians do have legitimate grievances, I challenge these activists to find and publicly present Israeli facilities dedicated to the systematic murder of Palestinian Arabs. In case they lack requisite historical knowledge I am referring to concentration camps, like the infamous facility in Auschwitz.

If pro-Palestinian activists want to be taken seriously, they should open their history textbooks and stop drawing incorrect analogies between the present conflict in the

middle east and the holocaust.

Perhaps their inability to do this speaks to the true strength, or lack thereof, of the arguments they present.

Lukas R
VIA WEB

Fewer civilian fatalities doesn't mean less at risk

Re: "Letter: Don't turn a blind eye to Hamas terrorism," by David Jones, *The Gateway*, Aug. 16, 2014

It is not mathematics to point out that slaughtering hundreds of peoples to "protect" people who are obviously not, in fact, at risk due to their glaring lack of civilian fatalities is not moral, not necessary and not productive.

The fact that they are safe not because a threat doesn't exist but because they are well equipped to protect themselves against it does not change the fact that they are in a power position and they are abusing that position in physically and emotionally abusing a captive population.

Yawning.
VIA WEB

No anti-Arab bias here

Re: "Letter: Don't turn a blind eye to Hamas terrorism," by David Jones, *The Gateway*, Aug. 16, 2014

I fail to see the alleged "anti-Arab bias" in the above letter, especially since he pointed out that many Arabs

in Gaza, in so far as they are involved in this political dispute at all, they want independence from Israel and from terrorist regimes.

Let's look at basic facts: Gaza is the geographical location. Hamas is the organization battling the Israeli troops. Yes, civilians living in Gaza might support Hamas, but that is guilt by association (many support Fatah, and although they don't support Israel they certainly aren't being helped by Hamas!) Making an entire religion or ethnicity the enemy is too simplistic, and the writer seemed to recognize that.

That said, here are some questions for you regardless of your ethnicity and political allegiances: Do you support the civilians' right to live in a free democratic society? In Gaza? In Israel? How do you think that can/should be accomplished?

S
VIA WEB

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous, or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

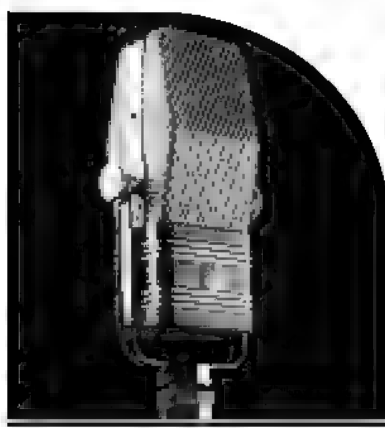
Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study, and student identification number to be considered for publication.



BIG CAMPUS In a 400-seat lecture hall, individual students may sometimes feel invisible or all alone.

CHRISTINA VARVIS

Crazy things we thought in first year



**Opinion
Staff**

GROUP COMMENTARY

If you come into first year with grand ideas, some of them are likely to be wrong. Read on for a few stories of unexpected turns at the U of A.

Alexandros Papavasiliou

Sure, university seems like a super fun time. Orientation hypes you up so much, Week of Welcome has the beer gardens and everybody is happy in their denial that school has started. You think you're going to meet so many cool people and everything is going to be amazing and perfect. Prolonging the inevitable doesn't last long, however.

When all the first week festivities disappeared the following Monday, campus became a barren, desert wasteland. In a lecture theatre full of 400 students, I had never felt more alone. Every day was spent going to class and thus becoming another sheep in the herd.

You lose yourself in university, and end up spending your days studying and struggling to keep up with your course-load. I spent my first year being sleep deprived and having my dreams shattered by the overwhelming competition from other keeners just like me. University is ruthless.

Kate Black

Before I came to the U of A, I thought university would be an abundant Promised Land of high-IQ'd hotties. I had it all played out in my mind: I would catch the intoxicating gaze of a suitor across the romantic pastures of quad, engage in a deep and meaningful conversation, then proceed to bang each other's faces off in the back stacks of Rutherford.

You can probably imagine my grave disappointment when I realized good-looking people didn't stock my Psych 104 lecture hall like a Chippendales chorus line, and that most people who made eye contact with me wanted my notes, not my adoration. Turns out, the selection the U of A was just like high school, except everyone was a little older and, maybe, a little smarter.

But not all is lost, lovesick first-years — I ended up getting lucky,

eventually. My advice? You're way more likely to find someone who sets your loins afire by joining a student group that aligns with your interests, rather than aimlessly wandering around campus, praying that someone will throw their genitals at you. Until then, focus on having fun and soaking up your easiest year of post-secondary. You'll find your Prince or Princess Charming eventually, but don't freak out if they don't fall into your lap, like, right away.

Peggy Jankovic

Looking back, I realize that nearly every misconception I had about what university life would be like was something high school teachers had told me in order to prepare me for university. They made university sound super unappealing: a place where nobody cares about you, especially your professors, and where you need to have what you want to do with your life sorted out by the time you walk on campus. They couldn't have been more wrong on both counts.

It turns out that your profs are more than happy to talk with you, and getting to know them can actually lead to super-cool undergraduate research opportunities. Also, there's really no shame in changing your mind about your degree. After all, you applied to the University of Alberta when you were still a lowly high school student. University life will expose you to way more possible careers than you ever thought possible: did you know you can do more with a Science degree than go to medical school?

Take the time to feel things out. This may take more than four years, but if you absolutely fall in love with some obscure area of study, you'll see that being open-minded is worth it.

Richard Catangay-Liew

You're just one of 39,300 students on campus, so who cares how you dress, right?

Three weeks from now, a horde of students will mob the SUB bookstore, as select U of A crested hoodies, crewnecks and sweatpants will be discounted to \$20 a pop. Kudos if you want to show off your school pride, but everyone already knows you go here. The real reason everyone wants a U of A hoodie is because they're dirt cheap. Since they're such a bargain, chances are you'll buy a week's rotation worth of heather-

grey goodness.

A lot of students fall into the dreaded "sweat pant" phase. I know, it's tempting, especially with the harsh winter months and amount of time you'll spend in the library, comfortably studying. I fell victim to the sweats phase in my early university career; the only time I would stop wearing them would be on laundry day (ironically enough) or if the linty crotch wore out.

True, most people probably don't care if you wear sweats every day, but that doesn't mean you shouldn't put some effort into the way you dress. Nobody's going to treat you like crap because you're wearing sweats, but nobody's going to notice you either. Maybe you don't want to be noticed, but when you are, it's a really good feeling and a huge confidence boost.

I'm not telling you to wear a suit and tie everyday, but just because your friends tell you "nobody cares what you wear in university" doesn't necessarily mean you should just mail it in.

People do care about the way you dress, and those are usually the people who matter.

Shannon Kovalsky

Maybe it was because I started university when I was already 20, but going in, I had no desire to get the quintessential "university experience." I wanted to go to classes (well, sometimes) and then go home. The idea of participating in anything felt like a chore. Sure, you could meet people, make a friend in class so you had a backup for getting notes, go to RATT and get day-drunk, but I just wanted to get a degree and get out.

Sometime after my third year, I realized this probably wasn't the brightest idea I'd ever had. It wasn't so much that I was wrong to not want a university experience, but my goals changed by being a part of the university. I was less content to get the bare minimum. I liked meeting new people. I wasn't the curmudgeon I thought I was. Volunteering with *The Gateway*, I got the first hint of my university experience, and it turned out to be more fulfilling (and less of a chore) than I'd expected.

In my case, I didn't have a misconception about my first year of school. I fully intended to not participate, and I was perfectly content with that. But for me, anyhow, as I got a little older, I realized I wanted something more to take with me after I'd (finally) finished my degree, and I found it.



ALUMNI ASKED & ANSWERED

with
**Alana Savage
(Marjanovich)**

'97 BA

Current Occupation:

Police Officer, Edmonton Police Service

Favourite campus memory?

Fall. The campus always looked so beautiful that time of year. Those first few weeks when university started you could feel the energy and enthusiasm of students happy to be back. The campus was bursting with people and activities.

What's the one piece of advice you'd give a current U of A student?

Involve yourself in the many activities the U of A campus has to offer. There will never be a time like this in your life again so make the most of it!

Best procrastination activity?

Sleeping on my open textbook (instead of studying).

What impact has the U of A had on your life?

My degree, without a doubt, opened doors to opportunities I would not have had otherwise.

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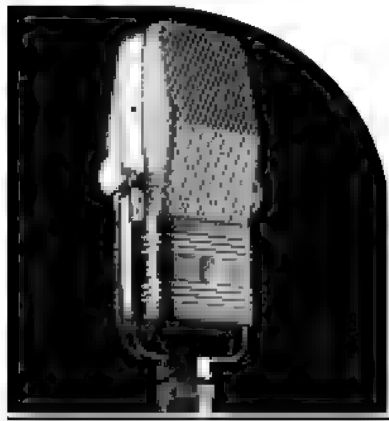
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Roadblocks to legal aid threaten justice

Justice depends on navigating a complex system with help of lawyers, and that requires legal aid funding



James Davison
OPINION WRITER

The Government of Alberta's under-accessible legal aid program is putting a stain on Canada's picturesque image of upholding fundamental rights.

Alberta courts rely heavily upon the ability of the accused person to defend themselves, something most people haven't the slightest idea of how to do. Most people would hire a defense lawyer and hope for the best. On the other hand, if you only make minimum wage, or are severely handicapped and receive assistance income of \$1,588 a month, you are deemed too wealthy to qualify for legal aid — or a government-funded lawyer to defend you. Better pack up your bags and head for the street, because that's the only way you'll qualify in the prosperous province of Alberta.

Over the last few months, an impending budget shortfall has cut off many of those who need legal aid the most. The Government of Alberta has tried to wash

their hands of the issue, referring to it as the federal government's problem, yet the feds haven't altered their funding for any legal aid institution across Canada in 10 years. While the Progressive Conservatives let this issue boil over, they certainly don't have a problem with increasing the policing budget by \$20 million since last year, with another \$15 million slated for the next. Correctional Services in Alberta will also see an increase of \$13 million. These two entities total more than half a billion dollars in government spending to fill prisons and patrol the streets, yet when it comes time to give impoverished citizens their day in court, there isn't enough money for a lawyer.

As more and more people are turned away from state-funded counsel, it will fall on the charity and goodwill of others. Student Legal Services (SLS), a non-profit organization run by U of A law students, is one of a few struggling establishments aimed at helping those less fortunate who find themselves in trouble with the law.

"We operate for those who aren't able to afford a lawyer, or can't get legal aid coverage," William van Engen, coordinator of the SLS

Criminal Law Project and third-year law student said, when interviewed for *The Gateway*. He described how an increasing number of people SLS refers to legal aid report they're being rejected for coverage.

"The consequences of not having a lawyer for a legal issue, in criminal justice especially, can be years of your life, your freedom, your liberty, your future."

WILLIAM VAN ENGEN
CRIMINAL LAW PROJECT COORDINATOR
STUDENT LEGAL SERVICES

As if in the pages of a Kafka novel, many of those accused stand in limbo between having to defend themselves and relying on lawyers who may be willing to work pro bono. Those who cannot qualify even for SLS representation, based on the seriousness of their charges, may have to hit up the local library and brush up on their legal jargon.

"Trials are won and lost based on preparation, and if you're a self-represented litigant, you wouldn't even know where to start," van

Engen said. "There's really no replacement for defence counsel."

However, there's apparently no problem in the eyes of the government in pitting the sheep against the wolves, where anyone, including those who haven't even finished high school, are expected to defend themselves in court against qualified prosecutors, and the results may be dire for some.

"The consequences of not having a lawyer for a legal issue, in criminal justice especially, can be years of your life, your freedom, your liberty, your future," van Engen said.

Arguably the wealthiest province in Canada, Alberta lags dismally behind the other provinces in legal aid funding, where New Brunswick and PEI are the only ones that spend less per capita. This sends a pretty clear message that the rights and liberties of the poor are of little concern to the government, and that they would rather see them thrown in prison than actually assisted. It should come as no surprise, though. It's been a long-held tradition of the Conservatives to marginalize anyone who breaks the law. Their rights apparently no longer have any meaning, and to make matters worse, few of us really care.



When you read the words "fresh iced tea, brewed daily," what does that mean to you? Perhaps some actual tea, brewed from tea bags, over ice? Or, if you're really fancy, cold-brewed tea? That's not what it means to the Daily Grind, apparently.

Last week, I stopped by the Students' Union Building's coffee shop to grab a refreshing iced tea, expecting something brewed fresh that day. That's certainly not what I got. After ordering, I proceeded to watch the barista pull out a jug of iced tea syrup from under the counter, dump some in a cup, add water and ice, and hand it to me. Now, maybe I'm just being naive, but reconstituting some bulk Nestea syrup hardly counts as "fresh" or "brewed." Don't get me started on how the Daily Grind employee didn't even bother to mix the syrup, even further highlighting the failings of their embarrassing excuse for brewed ice tea.

Next time, I'll throw a tea bag in my water bottle, add some sugar and call it a day.

The Burlap Sack is a semi-regular series that calls out bad behaviour observed by students.

Ferguson racial tensions prove longstanding cycle of distrust



Michael Sandare
OPINION WRITER

Michael Brown's death and the wave of backlash from black communities across the United States have shown just how deeply rooted racial tensions are in North American society. While people blame militarization of police, that too is a symptom of a deeper, older culture of distrust that needs to be healed. The Aug. 9 shooting of the black teen has re-opened lines of debate across the continent for issues greater than the misconduct of officers in the Ferguson County Police Department, begging us to question whether racial tensions will ever subside. His death must remind people the unfortunate truth that this is an issue firmly intertwined in American history.

It's a problem that dates back further than Ferguson, further than the death of Treyvon Martin, past the LA riots of the '90s and even beyond the assassination of Martin Luther King Jr. The true issue dates back to the core of American history, and the perpetual stigmatization of various groupings within society.

This stigmatization does not only exist in a racial or cultural format; it also applies to the way authority figures are viewed. The underlying tensions that have existed for centuries in North America, especially in the United States, have only served to strengthen and further solidify a cycle of distrust that has been going on for generations. Children have grown up with parents who clearly remember the riots in LA and grandparents who witnessed the death of Martin Luther King Jr. Those same grandparents were born into families with parents who drank

from segregate water fountains and dined in separate restaurants. Each generation inherits the sense of disappointment found by those from the one past, and passes on how they've been failed by society to the next. The knowledge of these past failings then leads to the further demonization of those perceived to be responsible. That demonization then morphs into a sense of disrespect, which in turn leads to cultural marginalization, and the rearing of prejudices in the eyes of society. This, in turn, ultimately breeds violence. And the cycle goes on.

Recently, several articles have centred around the militarization of police forces in the United States (arming police with the equipment and tactics associated with military, such as assault rifles), and the impact it has had on the decision-making processes of officers in the line of duty, as a major contributing factor to the growing racial tensions in Ferguson. One such article, "America Is Not For Black People," written by Greg Howard and published by *The Concourse*, states "give a man access to drones, tanks, and body armor ... he'll reasonably think that his job isn't simply to maintain peace, but to eradicate danger." A strong statement. Yet, I don't think it's quite that simple.

Demilitarization is not an end-all solution, just as militarization is not the problem. This isn't the first instance of officers attacking unarmed black citizens, and at this rate it doesn't seem to be the last. Historic instances, such as the brutal beating and subsequent blinding of former U.S. Army Sergeant Isaac Woodard, Jr., took place before talk of militarized police. In 1946, hours after being honorably discharged from the military, an unarmed Woodard was dragged from a Greyhound bus by a number of officers from the Batesburg County Police Department (their police chief included) and beaten



SEEKING PEACE Protestors flooded streets after Officer Darren Wilson killed Michael Brown in Ferguson, Missouri. (LOAVESOFBREAD (SUPPLIED))

with nightsticks until blind. The assault on the former sergeant is just one of many decades-old examples of racial tensions needlessly turning violent between an unarmed black citizen and the police; one that long predates their so-called militarization. The militarization of American police forces is only a smaller symptom of a much larger issue; the same way that the protests in Ferguson are a smaller piece of a much larger, overbearing problem.

The militarization of American policemen and women, as well as the backlash caused by Michael Brown's death, both seem to be reactionary measures set forth by two groups only looking to be seen by the other as human. The

misfortune of two groups being on opposing sides of an incredibly unfortunate history is that it has left each slightly dehumanized in the eyes of the other. The reason Officer Darren Wilson, who shot Brown, along with the Ferguson County Police Department, is under such scrutiny is that decades, if not centuries, of racial tension have evolved prejudices to the point that they have become commonplace in American society. There are families warning their children against the police, because they feel as if the officers are not there to protect their best interests. At the same time, many cops who have been assigned to patrol high crime areas develop a sense of wariness around those

living there. It's not because cops are inherently racist, nor is it because the officers assigned to those beats are corrupt; instead, it's because constantly being in situations involving crime makes it easy to lose trust, even if distrust is not warranted.

In both situations, the reasoning is the same — it has simply become easier to marginalize and distrust the many than it would be to humanize the many and distrust the few. It is this truly vital flaw, hidden behind the cameras and tear gas, Molotov's and newsreels, that we find to be the true heart of the issue. Michael Brown's death has unearthed an ugly American truth — one that urgently needs to be addressed.



ALUMNI ASKED & ANSWERED

with
Kevin Jenkins

'80 LLB

Current Occupation:
President and CEO, World Vision International

Favourite campus memory?
Meeting my wife, Helen.

What's the one piece of advice you'd give to a current U of A student?
Make sure that you enjoy the journey. It's a unique phase of life. Invest in relationships. You will meet many of your closest life-long friends at university.

If you got one university do-over, what would it be?
I would have applied myself more fully to courses in the humanities related to history and the state of the world, etc.

Favourite secret make out or study spot?
Still a secret.

What impact has the U of A had on your life?
A law degree gave me a disciplined approach to complex issues that has been a key building block for my career.

alumni.ualberta.ca/students



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Wait! Don't buy those textbooks

At least, not at that price. Some material is free or cheaper online and elsewhere



Alex Papavasiliou
OPINION WRITER

It's the same scene every year. The university bookstore becomes flooded with cash-filled first-years, all eager to blow thousands of dollars on textbooks they will rarely use. I die a little inside when I see students carrying piles of textbooks wrapped in cellophane and standing in the horrifically long line.

I can definitely attest to this, since I was once one of those first-years armed with a credit card and an unquestioned need for overpriced books and lab manuals. You see, that's what university does. It catches you off guard and leaves you with no other choice but to buy all the textbooks on your booklist at the bookstore and to bite the proverbial bullet. What new students need to understand, however, is that there are many other resources besides the bookstore to find books. Also, other factors, like whether the textbook is needed or not, depend entirely on the course and a given student's learning style.

Ultimately, you will have to buy textbooks at some point, so it's important to be smart about it and

treat the bookstore as a last resort.

There are many other places to go besides the bookstore. The most obvious choice is SUBtitles, a used bookstore located in SUBmart that has a great consignment system for students wanting to sell books and for students who want to buy used books instead of brand-new. The only drawback with SUBtitles is that they don't accept old editions of textbooks, so you have to remember to sell your books quick, or else you risk a new edition of the book being released and your old book being denied for consignment.

Students may feel like they have to buy the book brand-new because it's packaged with the online assignment access code, but you can buy the online assignment code separately at the till in the bookstore. Unfortunately, you don't really have any choice with buying the online access code for classes that have online assignments that are part of your overall grade, like some Physics, Stats, Math, and other Science courses. But, buying it separately with a lower-priced, second-hand book is much better than buying the whole package. The same goes for courses that require lab manuals, as you can't buy those used either.

For your English courses on the other hand, I recommend one obvious resource that everyone seems

to forget: the library. The library is loaded with countless editions of novels from the literary canon, from publishers like Penguin Classics and the Oxford University Press, which makes it completely unnecessary to buy almost all the novels on your booklist. Check online at amazon.ca and in used book stores across the city if you can't find them. Do whatever it takes to get that damn book for free, or for dirt cheap. Ever heard of extreme couponing? Well, this is extreme book shopping. I get a high whenever I go an entire English course without spending a single cent on books. You're already spending thousands on tuition, so why not find cheaper alternatives instead of succumbing to the outrageous book store prices?

All I'm saying is that while buying books and other necessities for courses is inevitable in certain situations, there are ways to work around it. Search online on the U of A Used Books for Sale Facebook group, go to the library, go to the Wee Book Inn, search Google for study material on long-known disciplines and theories (like basic psychology), and if all else fails, go to the bookstore. This is a tough reality faced by many new students each year, but with a little common sense and wisdom from me, you can survive your bookstore-shopping blunders.

Consult students before law fee hike



Andrew Jeffrey
OPINION WRITER

Sometimes it's too easy for U of A students to look at their Students' Union and Faculty Association and wonder what these people are actually doing for them.

At the very least, students should be able to expect that these groups will represent their general will, like opposing tuition increases unless clearly and absolutely necessary. But even that can't be said for the U of A's Law Students' Association (LSA).

Two weeks ago, the Faculty of Law announced their plans to propose a market modifier adjustment to the Alberta government that would raise law tuition 58 per cent by the 2017-18 school year. If approved, it would see students in 2017 pay \$15,995 in tuition compared to this year's students who pay \$10,121. The idea is that these new funds would improve career services, scholarships and experiential education, and bring the U of A's law school tuition closer to the national average for competitive universities, which is \$16,102.

The LSA has announced its support for this proposal, after recent cutbacks to the faculty led to staff and course cutbacks. Regardless of whether the increase could remedy those problems and improve the faculty, the LSA's lack of transparency and consultation in announcing its support has been unacceptable.

Not only did the LSA announce its support before receiving approval from the SU, which maintains a policy that faculty associations normally must follow not to support

tuition increases, it barely had time to conduct any consultation at all with the students it represents. According to LSA President Scott Meyer, there was originally a plan to conduct a referendum and have the faculty's proposal ready for October. Those plans were abandoned when the province pressured the faculty to have a proposal ready by the end of August.

If there's no substantial evidence to show law students support this proposal, the LSA shouldn't be voicing its support. Doing so steps out of line with the mandate of what any faculty association should do, which is represent the voices of all the students it represents — not just the small group that makes up the association's executive.

The LSA can't simply assume it knows what's best for its faculty without substantial evidence about what its students want, backing up the executives' decisions. Just as important would be a questionnaire available for any U of A students hoping to enter law school in a couple years. After all, those would likely be the people who would have to deal with the consequences of this proposal.

The Faculty of Law tried a similar proposal in 2010 and were rejected, so there's no guarantee the province will even deem this one acceptable. But if tuition is successfully increased, it sets a bad precedent for other faculties to do the same via market modifiers or other fees using the same methodology and leave students and their representatives out of the conversation.

The seemingly rushed nature of this proposal doesn't instil any confidence that the proposal will be worth it for law students in the end, either. When proposing the market modifier to students' council, the presenters gave no specifics about how these increased funds would actually be used. When market

modifiers were first introduced in 2010, similar promises to improve the quality of education were made to engineering, pharmacy and graduate students that arguably haven't materialized.

Simply saying that higher tuition will mean a better education isn't good enough. Maclean's magazine's 2013 Canadian law school rankings included McGill and UBC as two of its top five schools in Canada. The U of A ranked eighth. UBC law students pay nearly the same as current U of A students, accounting for tuition and additional fees, while McGill students pay nearly \$4,000 less. Meanwhile, the universities of Saskatchewan and Ottawa charge more for a lower-rated education.

Of course, that's not to say the faculty couldn't make some improvements with higher fees going toward the U of A's law school. If the faculty and LSA had enough time to consult students before an October deadline, maybe they could've outlined a more informative proposal that would show how this increase specifically may benefit future law students despite increasing their payments. After all, a hard stance against any and all tuition increases likely isn't the most intelligent position when sometimes paying more can improve a student's education, as long as you can tell where that money is going.

But even so, everything about this rushed proposal and the LSA's move to support it has been handled in the wrong way. Now, the LSA will have to answer to the SU for supporting the proposal without its approval. But, more importantly, it should have to answer to every student who would suffer the consequences of a decision made by a group of people who have already graduated — with an equal but less-expensive education.

#3LF

three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

Let's start the new year right: butts
Is it open yet??? Hello, is anybody
out there!!?
Fried eggs
avocado
toast
Lost
in
translation
Seriously, get your first-year psych
study tools online. There are tons of
free resources.
pinterest
makes my life
feel ugly

it's a
time sex
thing
would you rather
have no music in the world
or no cinema in the world
everything
is
awesome
Two ounces of bourbon
One sugar cube
Three dashes Angostura bitters
fuck
the price
of certain goods

of all things
to buy tim hortons
why burger king
Imagination is the highest kite one
can fly. - Lauren Bacall
What's more likely of being real?
Big Foot?
Or mermaids?
All this positivity with orientation
is making me negative.
The Gateway reserves the right to
edit any submissions, as well as
refuse publication of submissions
it deems racist, sexist, hateful,
libellous or overtly offensive.



REPLENISH The University of Victoria Students' Society eliminated sales of bottled water in its Student Union Building. WILLIAM WORKMAN

Don't ban bottled water on campuses



Shandi Shiach

OPINION EDITOR

Granted, plastics shouldn't be treated as disposable to the high degree that they are in our society. Plastic bottle production uses a lot of energy and petroleum. Plastics are a perpetrator of pollution and introducer of potentially harmful compounds to our bodies. Unrecycled plastic sits in landfills, and recycling plastic uses yet more resources we should probably strive not to waste. It's best to reduce plastic bottle consumption by installing more drinking fountains and bottle refilling stations — but bottled water should not be banned, especially in student spaces.

Banthebottle.net is just one of numerous nerve centres across Canada and the U.S. calling for colleges, universities and student groups to ban the sale of bottled water on campuses. It lists 57 schools that have joined the campaign, among them Guelph, Toronto, Ottawa, Winnipeg, Concordia and Vancouver Island.

Why do people single out bottled water, anyway? So many products come unnecessarily

packaged in often rigid plastic that heads immediately to the waste bin after purchase. Online factoids suggest that thousands of people seek medical attention in a given year for injuries from those hard-to-open items. You'd think the buying power and activist nature of students could first be harnessed toward the demise of the greater, far less convenient evil that is molded packaging — rather than bottled water.

Drinking water is incredibly important. It's arguably the most beneficial behaviour we can adopt for our health. Nutrient-rich beverages sound great, but they often come brewed into concoctions that are high in sugar and sometimes caffeine or other stimulants too. Even many fruit juices may have more fructose in them than they contain water to process it with in digestion. Benefits of staying hydrated by drinking water can include maintaining a healthy weight, sleeping better and feeling more alert and energized, less stress, joint health for building muscle, gorgeous skin, digestive bliss, fewer cravings for junk food or cigarettes, easier removal of toxins from the body (before they do much harm), good blood pressure, heart function and circulation, optimal oxygen supply to the brain for critical thinking and, last but not least, temperature regulation.

Sure, you can access all the awesomeness linked with drinking water by carrying a reusable bottle, for the quality tap water we are privileged to have on offer. That should be your first choice, and it should be a priority. Students are harried creatures, though. In all the insanity that is post-secondary life, what if you forget your bottle? You're running to class after an all-night cram sesh, with three minutes to spare — you have a dry throat and coins in your fist — you frantically scan the vending machine selection. If your campus or student group has banned bottled water, your options are now to arrive empty handed and spend the next three hours thirsty, or go with a less-healthy thirst-quencher: a sports drink, perhaps, or cola. Best-laid schemes, and all that.

Banning bottled water on campus may send astray students who would otherwise make the healthier choice of bottled water when they turn to the vendor in a pinch. Bottled water shouldn't be banned while soft drinks get a free pass. If disposable plastic bottles are that bad, students should pressure beverage companies to install coin-operated soft drink fountains, with reusable drink containers for sale at the same node. Until then, it should be up to students whether to occasionally reach for the big bad bottle.

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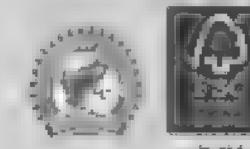
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UNIVERSITY OF ALBERTA
STUDENTS' UNION



GREEN & GOLD IS THE NEW BLACK



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Photos and Words by Gateway Staff

Whaddup, inmates?

Welcome to the University of Alberta, or as we like to call it: prison. That orange jumpsuit looks dashing on you.

The Big House can be rough on even the most badass convicts, so we've whipped up a pretty little guide to hold your hand through your first year in the slammer. From scoring a top-notch GPA to gettin' paid n' gettin' laid, this guide will make all of your jailbird dreams come true.

University may seem daunting at first, but don't worry — *The Gateway's* got your back for the rest of your sentence.

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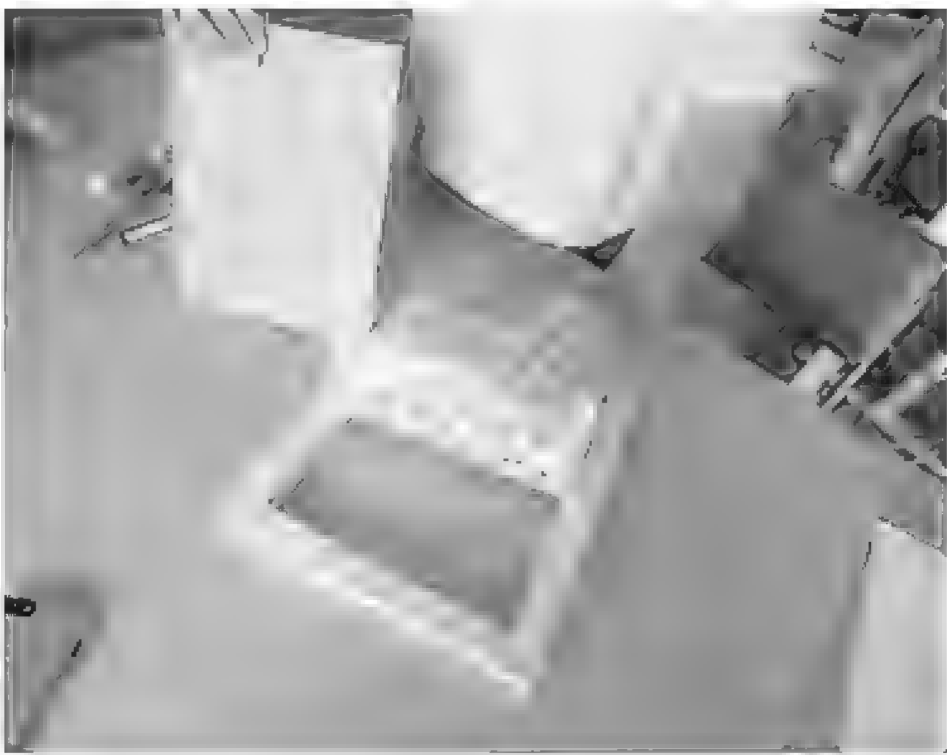


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MAKING FRIENDS

CLASSES

Don't be afraid to talk to your classmates. They're all in the same situation as you are, just trying to live through their sentence. A good way to start a conversation is to ask them what their major is or to talk to them about last week's lesson, but remember that asking for notes right away rarely leads to meaningful partnerships. Just make sure you only talk when the professor lets you; otherwise, you may get sent to solitary confinement.

CLUBS

So you tried to make friends in class but found out they're all assholes. You may want to pledge yourself to one of the many clubs on campus. If you have an interest – whether it's improv, science fiction or real estate – there's likely a club for it. There are also clubs for different cultures if you want to reminisce about the old country. Don't worry about declaring your allegiance to more than one; these aren't like your old hood gang. Most clubs are fine with your flying colours.

LGBTQ

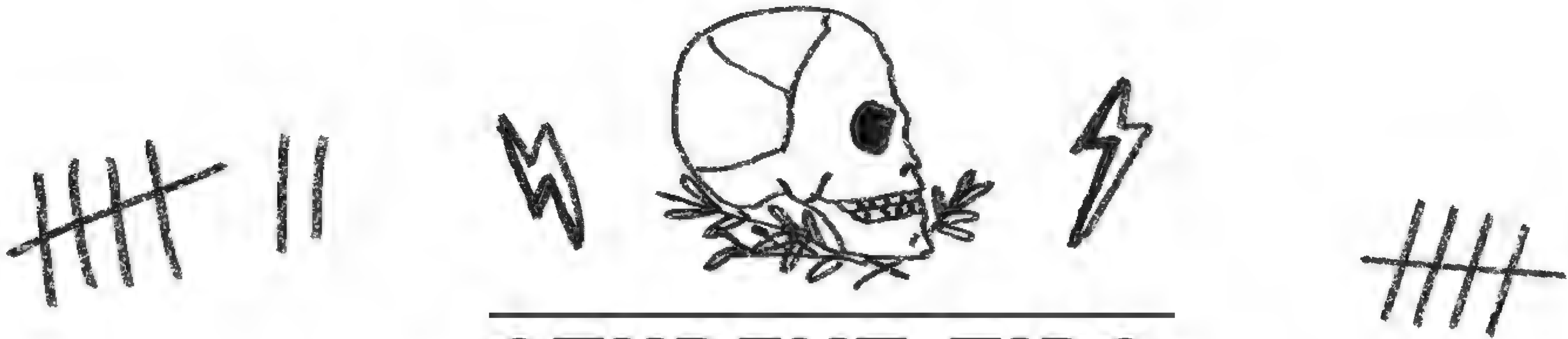
Whether you're lesbian, gay, bisexual, trans*, queer or an ally, you'll find kinship at OUTreach, the U of A's primary LGBTQ club. Meetings are once a week and generally involve discussing an LGBTQ-related topic, then conversing over drinks at Dewey's. The club also organizes ski trips and the annual U of A Pride Parade, among other things. You could also try volunteering for the Institute for Sexual Minority Studies and Services to help out with other initiatives.

STUDENTS' UNION

You can't join up with the wardens, but you can lobby for the rights of your fellow prisoners with the Students' Union. Whether you run for office or just sit in on council meetings, you'll find out more about how the university runs than you ever thought you would. If that doesn't sound exciting, you can volunteer with them. Distribute food to other inmates at the Campus Food Bank, or escort them home with SafeWalk. There are many other volunteer opportunities, too. Hit up an InfoLink to find out about them.

THE GATEWAY

Commonly referred to as the best club on campus (*wink wink*), *The Gateway* is the official student newspaper at the U of A. You should know this because you're reading it. You could click up with us if you want to write, take photos or videos, draw comics or blog with a crew of like-minded prisoners. And when your bit at the U comes to an end, you'll be joining an elite crew of *Gateway* alumni including Prime Ministers, Supreme Court Judges and, of course, journalists.



STUDENT TIPS

GET AHEAD

Don't get too distracted by all the cool things happening in the first month of school and then forget why you came to university in the first place. If you can stay on top of your readings for the first month, you're more likely to have learned something by Thanksgiving (and also not have to relearn a month of material two days before a midterm).

LET YOURSELF PROCRASTINATE

Give yourself time while studying to completely focus on procrastination. Try studying for two hours, then taking an hour long break. When you come back to studying, you'll be refreshed, energized and ready to retain more information. Just remember to set an alarm while procrastinating so you don't fall into the Netflix wormhole for six hours.



REVIEW WEEKLY

The sooner you review information, the fresher it is in your mind and the more likely you are to retain it. If you cement the material in your head while you can still remember what you mean in your jumbled lecture notes, you're less likely to have to relearn your entire course load before finals.

KNOW WHEN TO ASK FOR HELP

University is a big, scary and overwhelming place, and the way you studied in high school may not cut it here. You have lectures, labs, papers and reports all happening at the same time, along with the horrifying experience of being shoved into a building with 10,000 other inmates itching for the day they get out. If you're overwhelmed or can't figure out where to start balancing all of your studying, reach out to the resources on campus like the Student Success Centre to help get your bearings.

CHOOSING A MAJOR

The reality is that in your first year, you have no idea what you're doing. Maybe you want to be a lawyer or a pharmacist or the next great Canadian playwright. There's a decent chunk of the world's knowledge at your fingertips, so now you need to decide what to do with it. Wendy Doughty, Director at the Student Success Centre offers up some tips for the eternal struggle that is choosing what to do in your four (or seven) years of lockdown.

1. DON'T PICK A MAJOR IN YOUR FIRST YEAR.

Seriously. You'll limit yourself from exploring your options.

2. STAY FLEXIBLE

Be willing to take classes from different faculties. If you have your heart set on being a pharmacist but your best grades are in arts courses, realize that maybe your transcript is whispering secrets to you that maybe you should consider a faculty swap.

3. PLAY AROUND WITH YOUR OPTIONS

You're in your first year, you basically have a free pass for a year to find yourself. Take as many 100-level classes as you can (within your degree requirements). Find what you like and what you're good at. Don't hate the next four years because you unintentionally locked yourself into a program you hate.



SCHOOL SUPPLIES YOU FORGOT:

Planner: As much as you think it’s pointless, you’re going to need some method of juggling all the coursework (and social events) you’re going to have. There’s nothing worse than walking into a midterm you forgot about.

The ability to calculate a GPA: It’ll help you figure out if you’re doing well or not, and also let you know what your chances are of passing a course (Withdrawal dates are late in the semester, and a W looks better on a transcript than an F)

Flip Flops for showering in Lister or the Van Vliet locker rooms: Between body hair, wart juice, blood and God knows what else, you’re going to want to protect your feet from whatever is on those shower floors.

Knowing what your tuition pays for: It turns out the ridiculous amount of money you’re spending gets you more than the ability to spend eight hours a day in a giant historical building being talked at by people with fancy degrees (see our breakdown of free fitness, health and wellness benefits you get at the U of A on pages 6 and 7).

Good backpack: It’ll have to hold everything from your books to your workout gear to your lunches, so don’t buy one that’s cheap or that’s just cute. Find one with good back support so you aren’t hunched over by midterms like that old man in cell 7.

The required textbooks: Yes, they’re expensive. Yes, they don’t always have relevant material. But 90 per cent of your professors will still test on stuff in the textbook, even if it isn’t discussed in class. If you don’t want to shell out all of your hard-earned summer dollars at the bookstore, check Kijiji, or if you’re feeling especially bad, you can often find torrents of eBooks. Just don’t get caught or you might find yourself getting transferred to maximum security.



BUT I’M STRESSIN’

University/jail is a breeding ground for stress. From having to make new friends in a very sullen looking group of people, to the overwhelming amount of readings and also all the new (or not) opportunities awaiting you, it can be hard to keep your cool and not shank anyone.

Wendy Doughty, director of the Student Success Center urges students to not panic, and know how to recognize stress.

“The amount of readings (first years) have to do is a pretty significant (stressor). And taking courses from different faculties, papers and exams can get quite crunched together,” she says.

Make sure you start managing your time early in the semester to keep yourself on track. Don’t forget that some important material can get taught in the first month while you’re trying to find your way in the giant void that is university.

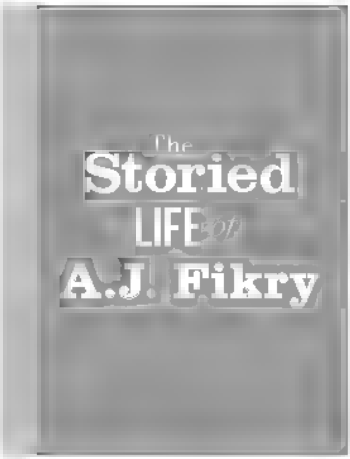
If you find yourself late in the semester floundering in a course, consider dropping the class. Going from five to four courses can help you with time management, and won’t ruin your GPA.

Overall, just don’t let yourself get overwhelmed. Find things that de-stress you, and if you find yourself completely stressed out of your mind, talk to someone at peer counselling or Counselling and Clinical Services.

You’re not alone in this experience and it’s okay to ask for help.

ESSENTIAL PRISON READS

Tired of textbooks? Stuck in lockdown? Get ready to cuddle up on your cot with some of these good reads.



THE STORIED LIFE OF A.J. FIKRY
BY GABRIELLE ZEVIN

Overcome with the death of his wife, the declining business of his bookshop and the theft of a prized possession, fate intervenes to give A.J. Fikry a second chance. This heartwarming story of a little book store will remind you why it is that we read and what it means to love a book.



SAGA
BY BRIAN K. VAUGHAN

Marko and Alana are on opposite sides of a galactic war between two rival species. When the two soldiers fall in love, they find themselves risking everything in order to bring new life into a dangerous universe. This bizarre and imaginative series by Brian K. Vaughan (*Y: The Last Man*, *Ex Machina*) will bring you into a world of fantasy, science fiction and adult drama.



THE ART OF RACING IN THE RAIN
BY GARTH STEIN

Since its debut in 2008, Garth Stein’s novel continues to sweep readers into a whirlwind of emotions. Written through a dog’s perspective, readers are witness as Enzo recalls his life with the Swift family. As Enzo experiences the wonders and absurdities of human life, he gains insight about love, loyalty and other facets of the human condition.



READY PLAYER ONE
BY ERNEST CLINE

Like most of humanity in the year 2044, Wade Watts escapes grim reality by plugging into the virtual world of OASTS. Upon the death of its creator, puzzles and clues are revealed within the digital universe with promise of massive fortune to the winner. As the race begins for the world’s largest hunt, Wade must fight against players who will do anything to win.



LET'S PRETEND THIS NEVER HAPPENED: (A MOSTLY TRUE MEMOIR)
BY JENNY LAWSON

Jenny Lawson, aka The Bloggess, divulges her most hilarious experiences everything from her childhood in rural Texas to her awkward teenager years. She’s lived a strange life, and it’s one that will leave you in tears (of the good kind.)



THE HAUNTING OF HILL HOUSE
BY SHIRLEY JACKSON

Published in 1959, this novel by revered Shirley Jackson is considered one of the best literary ghost stories of the 20th century. The novel follows the four inhabitants of Hill House and the strange occurrences that leave the residents in fear of their safety.

WELLNESS: HEALTH & FITNESS

So you're sleeping in your bunk and a hot, sharp sensation suddenly zips across your gut. As you attempt to the strength to finally move, the writhing pain makes it unbearable. You wonder if your cellmate just stabbed you, or if it's diarrhea from the gruel the cafeteria served at supper. If you don't know what the problem is, visit the University Wellness Services, conveniently located on the second floor of the Students' Union Building.

The Gateway checks in with Dr. Jennifer Walker, the senior physician at the University Health Centre walk-in clinic, and Kevin Friese, Executive Director of University Wellness Services, on common sicknesses university students face, and what can be done about them.

What's the most common reason for visits to the University Health Centre?

JW "Probably respiratory illness such as the common cold, flu, sore throat, sinus infection and cough. A lot of it depends on the season, particularly into the fall and winter, which is the peak of those kinds of illnesses."

What's some simple advice to prevent these common illnesses?

JW "The very simple advice is never very simple. But you could probably summarize it as 'take care of yourself.' That can encompass a lot of things: getting enough sleep because students feel pressured to study all night, getting enough exercise, getting to eat healthy, making sure you're taking time in some other interest other than school work and dealing with stress. There's a great chance that if you're not dealing with these issues, you're susceptible to whatever viruses are going around."

"...IF YOU'RE FATIGUED OR NOT EATING WELL, YOU'RE NOT GOING TO RETAIN INFORMATION AS WELL AND YOU'RE MORE PRONE TO GETTING ILL."

How important is getting back to your bunk and getting a full night's rest?

KF "There's a common thought that we as university students need to be cramming and doing late night studying. There's a lot of literature saying that studying is important, but if you're fatigued or not eating well, you're not going to retain information as well and you're more prone to getting ill."

Lets say there's a prison yard fight and somebody is badly injured. What should an inmate do in that situation?

JW "Well, safety is the number one issue in terms of the patient. First off, we need to make sure the fight is completely over, there are no repercussions and make sure the assailant isn't coming after them. If there's something that's much more severe like broken bones or deep stab wounds, they should probably be going to Emergency. If it's minor like cuts, scrapes and maybe a broken nose, that's definitely something we can deal with here."



Prison food sucks. What should students do in case they feel ill after eating?

JW "If it's a stomach ache, it could be linked to underlying cases like heartburn, and there are over the counter medications they could try at our pharmacy (in the bookstore). If they think they're ill because of food poisoning, they should isolate themselves in their cell and make sure they're not vomiting all over other inmates. They should consume lots of fluids and keep well hydrated. If it's more severe and they're suffering pain, it could be kidney stones or appendicitis, and they should seek medical attention."

KF "The (University Health Centre) dietician is a free service. If you want to avoid stomach aches from prison food, talk to our dietician who can help set up food plans and answer questions, especially for people who are now living on their own and have never cooked before."



How important is getting a prison workout or game of basketball in the yard?

JW "If they haven't established a regular physical activity routine while in university, it's going to be hard to get into that habit when you're out in the real world. Studies suggest exercise can help with stress reduction, which can be helpful for things like depression and anxiety. It's often the lowest thing on the priority list, but this is something you need to do and you'll be better off in the long run."

Solitary confinement, among other things, can cause stress, which may lead to mental illness. What should students do to prevent or deal with mental illness?

JW "I think it's important that if people are thinking about these concerns, they need to know it's confidential and know health care professionals are not judgmental. The reason we exist is to help if they need it."

KF "Regardless of roots, colour, theology or sexual orientation, people need to know UWellness is a safe space. Visit Counseling & Clinical Services (formerly the Mental Health Centre) and get some help. When in doubt, we're never going to judge you. Come in and we'll get you the help you need."

SU HEALTH AND DENTAL PLAN

Need to maintain your grill or get your prescription fix? If you're a full-time or part-time undergraduate student, the Students' Union offers the Health and Dental Plan, which covers prescription drugs, vaccinations, diagnostic and imaging services. The SU plan also offers vision, dental and travel coverage.

If you wish to opt out, you may do so at www.ihaveaplan.ca until Sept. 16, 2014. Or, you can visit their office in person at SUB 6-14.

WHEN YOU'RE HUNGRY

Start with hydration. You may actually be misinterpreting signals that you're thirsty (we do get some hydration from food). Water and milk are good hydrators as opposed to sugary fruit juices and soft drinks that cost water to process. Caffeinated or alcoholic ones just fill your bladder (diuretics), so try flavoured green tea in your water bottle, as long as it's not over-sweetened.

Follow with nutrients! If you're hungry and not thirsty, it may be that your body needs a specific vitamin, mineral or nutrient besides just the empty calories you get from fat or sugar. Eating fresh produce and whole foods helps with this, because many – like whole grains – also take longer to digest, so you aren't spiking your blood sugar and have longer to get the essential ingredients from them. Investing in a daily multivitamin may save blowing your commissary on impulse junk food in the long term.

EASY SNACKS TO ALWAYS CARRY

Water, almonds (or other nuts and seeds), sliced grapefruit, kiwi or other fruit, carrots, instant oatmeal (many food outlets give free hot water), nutrition shakes.

WHEN YOU'RE TIRED

Sleep, though that's simpler than it seems once you have deadlines over your head, social insanity calling, study schedules, classes, clubs and work. As a fresh fish, you may find it's best to listen to your body and hit the rack whenever you can, even if that means taking a REM-cycle nap between a morning class and afternoon study block. Let those Zs find you where and whenever they may. It improves cognitive performance, keeps you out of the haywire ward and helps prevent weight gain, as staying awake when you're sleepy forces you to reach for energy elsewhere, like junky snacks.

Also, hit the yard. Walk or bike around the block to classes. Jog in place in your cell. Do body-weight exercises like crunches, planks or chair tricep dips. A simple pushup can be done from your toes or knees, and involves placing your hands on the floor shoulder-width apart, lowering until your chest just touches, and pushing back to the extent of your arms while keeping your body taught and straight. Any movement you feel in your heart, lungs and muscles will likely lead to a more restful sleep at lights out and a healthier metabolism than the sedentary prisoner lifestyle.

If you're more ambitious, this sentence offers gym memberships too. Try out squash courts or weight training at the North Campus Van Vliet Centre with your ONEcard. Lifting weight is a good way to improve your musculoskeletal health while you increase energy and burn fat. If you're sporty, join an athletic recreational club or intramural team, which is a social outlet at the same time, letting you recuperate from solitary. We students learn to multi-task!

NAP TIPS

Twenty minutes or less of shuteye is a power nap. 45-ish minutes lets you recover longer, but avoids the grogginess of waking from deep sleep. Two hours fits about one full sleep cycle.



SPORTS

Need a study break? Here's a breakdown of the top three varsity teams to keep an eye on during your sentence. Escape the library and head down to a Golden Bears or Pandas regular season game, which are totally free his year – no commissary required.

01. GOLDEN BEARS HOCKEY

Where: CLARE DRAKE ARENA (VAN VLIET CENTRE)

The alpha dogs of campus, Bears hockey owns 14 national championships and 20 conference championships – the most of any team in U of A history. The dominant Bears lost just three games in 2013-14 after opening the season with a 12-game win streak and should be a contender once again under head coach, Ian Herbers. Although last year's ringleader, Sean Ringrose, has been discharged, the Bears are still stacked as Jordan Hickmott, Brett Ferguson, Johnny Lazo and Torrie Dyck who are all returning after finishing top 10 in CanWest scoring. With free games for students this season, be sure to line up at the rink early, as Bears Hockey will surely be a *cell*-out.

02. PANDAS RUGBY

Where: FOOTE FIELD (SOUTH CAMPUS)

Grunting as they square off face-to-face, the girls claw and fight while hitting the dirt until they're out of breath. Pandas Rugby is the closest you'll get to watching a prison brawl without, you know, actually watching a prison brawl. Last season, Pandas Rugby was an undefeated juggernaut heading into the CIS championship, where they captured the Monilex Trophy for the first time in a dime. Star fullback Alana Fittes returns for another bid to lead the elite Pandas to a national title defence.

03. GOLDEN BEARS FOOTBALL

Where: FOOTE FIELD (SOUTH CAMPUS)

Bears football hasn't won a single game since 2010-11. Despite serving hard time, they're far from being loners. Attendance at Foote Field is exceptional and the Bears should improve under fifth-year quarterback, Ryan Schwartz. Schwartz, who threw for 1,993 yards and 10 touchdowns last season, has great upside, as targets Ryley Richardson and Tylor Henry – who led CanWest in receiving yards – head an impressive Bears receiving core. Schwartz should also get a boost from a beefed up offensive line with new fish Justin Lawrence. Matt Korte and Joe McQuay headline a deep recruiting class. But if there's one thing the Bears need to improve on, its defence. They lost by an average of 28 points last season en route to eight straight losses, so the Bears will need to limit opponent offensive output if they want the escape the purgatory of another winless season.





MONEY

Our advice is solid, but these guys are legit.
Get in touch with the U of A's financial aid program, they always have your back.
Check out registrarsoffice.ualberta.ca/financialsupport for information on scholarships, bursaries, loans and everything money.

HOW TO MAKE MONEY:

Having a job while in jail is difficult. Aside from the usual breaking of cinderblocks with a sledgehammer and picking up trash from the side of a highway, there isn't much time for work.

01. Taking four classes per semester is a good way to free up some time and cut down your yearly tuition by almost \$1,000. Although it'll take longer to graduate, you'll have more time to balance your work, school and social life.
02. If you can, get a job that you can work in the morning. That way, you can wake up early, get on your grind, go to class after and study or hang out with friends at night. Although sleeping in is great, getting up and making money is better.
03. Sell your stuff. I've heard that around here, you can sell 10 cigarettes for a nudie magazine, or even a "favour." If you have old textbooks sitting around, sell them. Somebody will always be looking to buy books, especially for intro classes that everyone takes. If you have something random that you don't use — a phone, keyboard, wallet, whatever — chuck it on Kijiji and somebody may actually give you money for it.

HOW TO SAVE MONEY:

01. Bring your lunch from home. Spending \$10 per day on food is about \$50 per week. That comes to around \$200 per month or \$600 per semester. That could pay for your textbooks. Plus, it's healthier.
02. Take the bus. A U-Pass is included with your tuition and parking is prohibitively expensive. Plus, you can catch up on work or sleep while you're on it.
03. Buy your textbooks used, either from SUBMart or the Textbook Exchange Facebook group. Or just don't buy them. Wait until a week or two has gone by to see if it's actually necessary. Usually you can find readings online somewhere.
04. It's easy to go wild and go out every night, spending hundreds on \$6 Bud Lights. Save some of it by drinking a few at home before you go.
05. Cancel your expensive gym membership. You can use your OneCard to get into the U of A's. It's a horrible, crowded gym, but it'll save you a crap ton of green if your wallet is tight.
06. Take advantage of all of the free food whenever you can. There will likely be a few pancake breakfasts and some free hotdogs at orientation and throughout the year if you look hard enough.

DEALING WITH LOANS:

This is your one phone call, so use it wisely. A loan should be your last option. The guy named Butch with the scar on his head and eyepatch covering his left eye who stands in the shade and flips a coin with his thumb all day may seem like he's there to help you, but down the road, he can really screw you. Getting a loan will help you in the short run but it could set you up for stress down the road. Coming out of an undergrad with a massive loan is a nightmare. Exhaust all other options before opting to take out a loan.

The U of A also offers an **Emergency Student Loan** program for smaller, short-term loans. These loans are designed to help students pay for essentials, like food, rent and utilities, and aren't meant to be used for tuition or other fees. You can only take out one ESL per semester and you can't take one out until the previous one has been paid off. This is a really solid option for people who need money for living in a pinch.

SCHOLARSHIPS AND BURSARIES:

Scholarships are a great way for hard work to be paid off with immediate gratification. A lot of students are eligible for scholarships, but don't bother applying for them. The Jason Lang scholarship is worth \$1,000, and all you need is a 3.2 GPA to get it. There's also a whole bunch of Students' Union Awards for student involvement and leadership offered at the end of each year. Check out the Students' Union website, the Office of the Registrar or your faculty's website for more information about specific scholarships.

On the flip side, **bursaries** are a non-repayable option available to students in need of financial assistance. Bursaries generally exist to supplement a student's existing funds to help them get through that academic year. More information on bursaries and requirements can be found at the Office of the Registrar's website.





CAMPUS TIPS

HOW TO NOT BE A DOUCHE

1. Turn off your ringtone in class. Nobody wants to hear "Anaconda" by Nikki Minaj in Poli Sci 101.
2. If you're going to talk, don't do it on a quiet floor. Everyone will hate you.
3. Don't do it in class either. Seriously, just skip it if you're going to talk the whole time.
4. You might feel intimidating with your crew walking beside you, but everybody hates you for it. Leave enough room for people to pass you.
5. Stay on the right side in HUB or you'll trip an alarm that alerts everyone nearby to punch you in the face.
6. Be open-minded. There are over 30,000 students on campus from various countries, backgrounds, ethnicities, sexualities, species and other minorities.

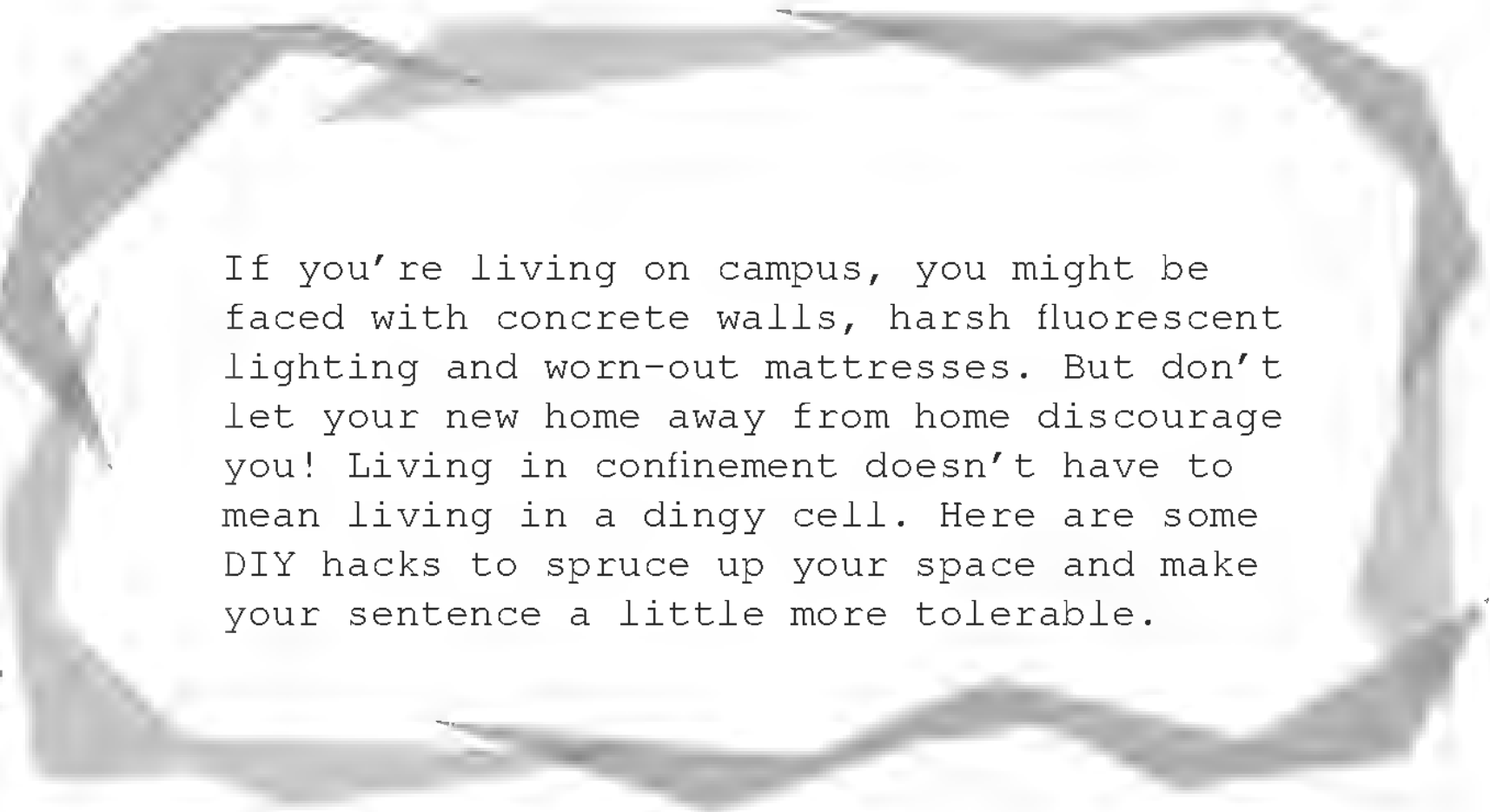
KEEPING SAFE

1. Never leave your things unattended. Losing your seat isn't as bad as losing your laptop. If you have to leave it, ask someone nearby to watch it for you.
2. If you're worried about going home at night, give Safewalk a shout at 780-4-WALKME (780-492-5563).
3. Most people walk, but there are vehicles on campus, too. Keep your head up.
4. Don't explore construction zones or closed-off buildings.
5. Report suspicious or threatening behaviour to U of A Protective Services at 780-492-5050, or call 911 if it's an emergency.

BEST STUDY SPOTS

1. Outside is nice while it's still summer. Take advantage of the sunlight.
2. Second floor of the Computing Science Building is usually quiet and brightly lit by big ceiling windows.
3. The various lounges in HUB are good if you don't mind the sounds and smells from below.
4. The upper floors of the Cameron and Rutherford Libraries are quiet areas.
5. If you're studying with friends, you can book a room at library.ualberta.ca/services/studyspacebooking.

DORM ROOM DIY



If you're living on campus, you might be faced with concrete walls, harsh fluorescent lighting and worn-out mattresses. But don't let your new home away from home discourage you! Living in confinement doesn't have to mean living in a dingy cell. Here are some DIY hacks to spruce up your space and make your sentence a little more tolerable.

TIP 01 Ask your inmate before putting your personal touch on shared territory. A happy inmate makes for a happy home.

TIP 02 You can find most of your supplies at the following commissaries: Deserres, Michaels, Reuse center, any dollar store.

REPURPOSED TINS



MATERIALS: MAGNETS, EMPTY TINS.



1. Place a small, powerful magnet inside the back of an empty tin to make it magnetic.



2. Stick them to your fridge and use as holders for pencils, pens and notepads.

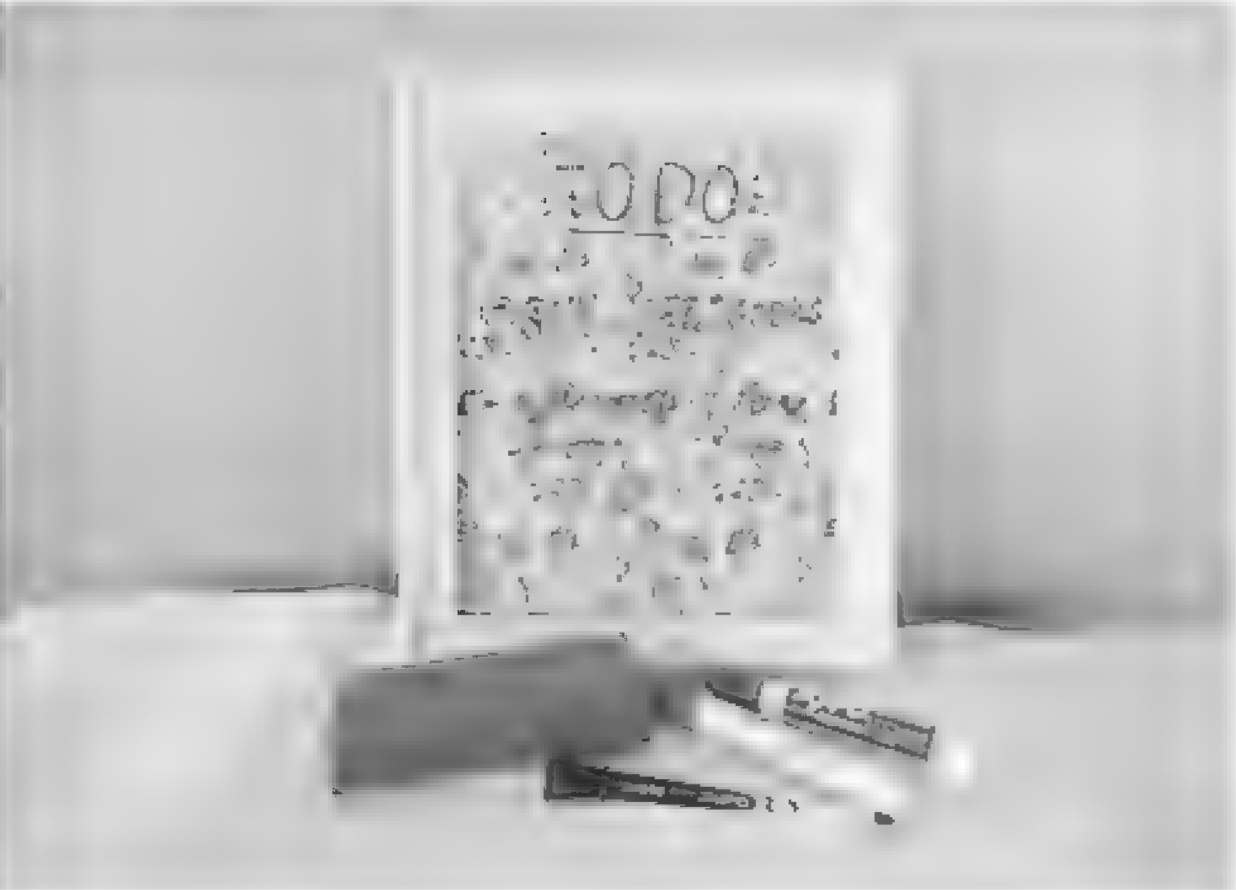
DRY ERASE PICTURE FRAME



MATERIALS: PICTURE FRAME, SCRAPBOOK PAPER, DRY ERASE MARKERS.



1. Cut scrapbook paper to the dimensions of the frame.
2. Remove the back of the frame and insert paper in the frame.



3. Replace the back and write on the glass with dry-erase markers.

CLOTHES PIN PHOTO LINE



MATERIALS: STRING, PUSH PINS, CLOTHESPINS.



1. Cut pieces of string to desired length across the wall.
2. Securely knot the ends of the string to a push pin, then pin onto the wall.



3. Finish by attaching pictures onto the string with wooden clothes pins.



Just because you're in the slammer doesn't mean you can't grab a mean meal. The U of A has tons to choose from, but check this guide first to avoid disappointment and deep regret.



INMATES GOTTA EAT

01 BEST QUICK LUNCH

There's a whole bunch of places at the U of A to grab some good grub, either on campus or off campus near Whyte Ave. If you're looking for a filling and quick lunch that doesn't make you feel sick, hit up Burrito Libre in HUB or on 112 St. Burrito Libre is great because it usually isn't busy, and they use quality, fresh ingredients that don't taste like processed goop.

02 BEST SUBWAY

There's no way around it; you'll probably have a bunch of Subway shoved through your Bean Chute during your sentence. It's almost always open, it's cheap and it's pretty good. The one in SUB is the worst, and the one in HUB is pretty good but it's always busy. The one on 112 Street is by far the best of the three because you can sit down and refill your drink a bunch of times.

03 BEST BURGER

This is an easy one: Rodeo Burger (8525 112 St.) If you manage to keester some green off some hack, do yourself a favour and grab a Delicious Double Barrel burger from Rodeo Burger at some point during your time here. The patties are thick and juicy, and you get to load it up with as many toppings and sauces as you want.

04 BEST ASIAN FOOD

It's a bit of a trek to get there, but Mongolia Express (10355 78 Ave.) is well worth it. Mongo is a huge step in the right direction, away from the Chinese food places in HUB and both of the Edo Japans on campus. For around \$10, you get to fill up a massive bowl with different types of noodles, veggies, meat/tofu and sauces.

05 PIZZA

Domino's isn't the best-tasting pizza, but it's the most convenient. Domino's pizza is dirt-cheap because it offers all students a 50 per cent discount on all food (type in UNI on the order screen). The website is also really easy to use, and they'll deliver to any cell, on any building on campus.

06 GROCERIES

There's a Safeway on 112 Street and Whyte Avenue, which is only around a five-minute walk from the U of A. Shopping there is a much better use of your green than doing grocery shopping in HUB or at Mac's, but their selection is still fairly limited.

07 COFFEE

Good luck getting through your prison sentence without drinking a late night or early morning coffee. If you're prepared to wait in the line for 20 minutes, there are Tim Horton's and Starbucks scattered around the map (in CAB and CCIS). Cookies by George in HUB is your best option for grabbing a sip of cadillac without waiting in a long line.

08 BEST PLACES TO SIT DOWN AND EAT

You earned it: treat yourself to Earls on campus. It won't cost you too much green and you'll be able to sit down, fill up on some moderately fancy grub and not be surrounded by a bunch of lops.

09 GENERAL PLACES THAT ARE GOOD

Give Marco's Donair a shot to get your fix of good grub. Also, jump out past security to grab some of the fantastic food the Wendy's on 112 St. has to offer.

10 GENERAL PLACES THAT ARE AWFUL

Avoid the A&W in HUB and the Subway in SUB. Room at the Top in SUB, known as RATT in the Big House, is the absolutely worst monstrosity of a bar ever to exist. You might as well eat the soap from the showers — but don't drop it.

TUNES FOR SEXIN'

This playlist is designed to fulfill the need of every sexy scenario in which you find yourself. Whether putting you in the mood or putting someone else in the mood, this sexy backing soundtrack is 100 per cent guaranteed to make every listener feel exponentially sexier.

“Fade Into You”

— MAZZY STAR

Ok, maybe this is a quintessential first dance song, but that doesn't mean it's not sexy. Think of this one as musical foreplay.

“Untitled (How Does It Feel)”

— D'ANGELO

D'Angelo, the type of guy's music you “make love” to.

“Pony”

— GINWINE

Just in case the horse metaphor is too subtle for you, he's talking about his dick.

“Too Close”

— NEXT

This smooth slow jam is so sexy it's composed of like three different verses and a chorus all about a man's erection caused by a woman's dancing.

“Got To Give It Up”

— MARVIN GAYE

If you have an erection lasting more than four hours after listening to Marvin Gaye, seek medical assistance.

“Love To Love You Baby”

— DONNA SUMMER

Do you hear that bass groove? This is pure baby-making music.

“Glory Box”

— PORTISHEAD

Portishead are not responsible for any mind-altering effects that may lead to poor sexual-partner decisions resulting from listening to “Glory Box.”

“Justify My Love”

— MADONNA

She literally wrote a book on sex, so you can Madonna when it comes to making sexy music.

“Closer”

— NINE INCH NAILS

Listen, there was never going to be an adequate lead-in for “Closer,” so just enjoy it for its debauched sexiness.

“Meet Me In The Bathroom”

— THE STROKES

After “Closer,” the thought of meeting in the bathroom to have sex is practically romantic.

SEX AND DATING



With so many attractive people in one area, there's gonna be some urges. Whether you're looking for a long term squeeze, or just how and where to land a quickie without getting a disease, take a look at our expert advice for unleashing your freaky side.

BEST PLACES FOR A DATE

Sugarbowl: When it comes to a romantic pint near campus, you can't beat this hot spot's selection. Treat your date to a pint of Delirium and tenderly brush fingers as you share a bowl of paprika lime popcorn. That stuff's deadly, like first-degree.

Picnic in Quad: Scrounge up whatever lunch you've saved and grab those spoons you've been using to scrape at the cement walls of Humanities in hopes of getting the hell out of here and settle down on the grassy lawns of Quad for a nice picnic in the sun. With only a few more weeks of gorgeous weather, take advantage of campus' ample green grass and chill vibes.

Deweys's: Top secret — this old school campus bar has a killer cheap breakfast for those early morning keepers. What's more romantic than starting the day with a hearty breakfast of eggs and toast? Beats starting the day with the early morning roll call.

CONSENT, SERIOUSLY

You better get consent before hooking up with the hottie in cell 4. What's consent? Respect for each other's desires and preferences, and taking “no” as an answer. Remember, it isn't consent if it is given by someone else, if the person is incapable of consenting, if it is an abuse of power, trust, or authority, if the person doesn't say yes, says no, or through words or behaviour implies no, or if the person changes her/his mind.

If you or someone you know has been affected by sexual violence, or if you just want more information on sexual consent, head to the U of A Sexual Assault Centre on the second floor of SUB, or contact sac.ualberta.ca

SEXIEST SEX POSITIONS

The felony: Right as you both climax, yell your reason for being in the slammer as loud as you can. Sex is a great time for divulging your innermost secrets, and admit it, that homicide didn't happen on its own.

Armed robbery: As you're doing your partner doggy style, shape your hands into pistols and thrust them in the air while yelling “BANG BANG” right as you climax. It's a showstopper.

The Not Guilty: Starting in missionary position, gaze into each others' eyes as you begin to dance each other once again. Nothing says “I didn't do it” like stopping before you really do it.

BEST PLACES TO DO IT ON CAMPUS

The Gateway couch room: Our legendary couches are known for their soft yet ratchet pillows, perfect for whatever kinky desires you've got in the works. This room has set the stage for engagements and baby making, so the sky's the limit, freaks.

Rutherford library: Strip the orange jumpsuit and slip between the dense rows of books you'll — let's be honest — never really touch. Act out your sexy librarian fantasies and cuff your partner to a bookcase, but be on the lookout for late-night janitors.

BioSci: This building is so damn confusing you can just do it anywhere in here and no one will find you. In fact, you might not even find your way out after. It's like a prison inside a prison, but consider this one the prison of love.

HOW TO GET A DATE ON TINDER

All these date ideas sound great, right? Not so much if you're serving life with no chance of parole and an even less chance of getting a hot date. Yeah, canadianinmatesconnect.com will set you up with a wild one, but who's got time to read all those bios when you're working on digging your way out of here?

Our favourite hookup app is to the rescue, but we've got a couple tips for the young bucks looking to put their best foot forward.

- DON'T post a photo of yourself with a tiger.
- DON'T post a photo of yourself with that big fish you caught one time.
- DON'T post nothing but group shots unless you and your friends are ALL hot.
- DITCH the white sunglasses, for the love of god.
- DON'T post a photo of yourself with a gun.
- NO mirror selfies.
- NO dick pics.

PROTECTIVE SERVICES

If you're getting really busy, you're going to want to make sure you've got your bases covered. Swing by the University Health Centre in SUB for a handful of free condoms or a prescription for birth control. Most of it should be covered under your student health plan, and you can pick up your contraceptive of choice downstairs at the bookstore pharmacy. Nothing's worse than a jail baby, so think with your big head before getting down to business.



THE GATEWAY'S GUIDE TO THROWING THE MOST BALLIN' HOUSE PARTY OF ALL TIME

Don't let hours of solitary confinement in the library damper your partying spirit. But, for the love of god, don't get too kray: check out our safety guide on Page 15 to avoid dying, or getting expelled, or whatever.

01. Make it official with a Facebook event.

Do this two weeks before the actual event. This way, people can move their schedules around to attend your house party, which will be the most ballin' of all time. If you're having a theme party, make it clear from the start. Let your party people know if they can crash at your place or not, if they're allowed to bring friends of their own and if they should bring their own food or alcohol. Here at *The Gateway*, we're pro-potluck and pro-BYOB, unless you're a wealthy mob lord who wants to lavish your guests with endless refreshments.

02. Take care in making your guest list.

If you're inviting someone who you don't think will know anybody at your par-tay, let them know they can bring people along with them, if you're open to that idea. If two of your convict pals have beef, consider leaving them off the list. Also, make sure you have a backup plan in case people want to bring guests you don't want to have at your party. Some of our favourites are: "Sorry, I don't have enough room!" or, "My apologies, my parole officer forbids me from associating with basic bitches!"

03. Be the host(ess) of their dreams.

Even if you told your guests to bring food, surprise them with a glorious selection red solo cups, ice and chips, or even pop to mix their hard alcohol with when their no-name cola runs dry. Make sure everyone knows where the bathrooms are. Don't stick to one social circle the whole party, and make sure everybody's having a ballin' time at your most ballin' house party of all time. Call a cab for people too delusional to do so themselves.

04. Keep it clean.

Have big garbage bags visible in a couple of rooms to cut down on your post-party cup cleanup. Research stain removal tactics and make sure your paper towel supply is plentiful beforehand, just in case spillage/vomit happens (if the party is bumpin', it probably will).

05. Let the good times roll.

Keep an upbeat vibe by making sure everyone has something to occupy themselves with. For most people, getting wasted is enough. But it's never a bad idea to stream a sick playlist from Songza, leave the television on or set up a game. A *Gateway* fave is the raunchy Cards Against Humanity.

06. Don't be a dick.

For the sake of everyone's happiness, make sure your cellmates are cool with you having a party (if you're throwing one behind your parents' backs, just make sure to clean up nicely afterwards). Don't make out with your best friend's love interest. And, we shouldn't have to say this, but it's 2014: if your party's theme is based on appropriating another culture or any other degrading asshattery, reconsider your choices. Western Bros and Nava-hoes? More like Nava-nope.

BREAKING OUT OF THE CELL

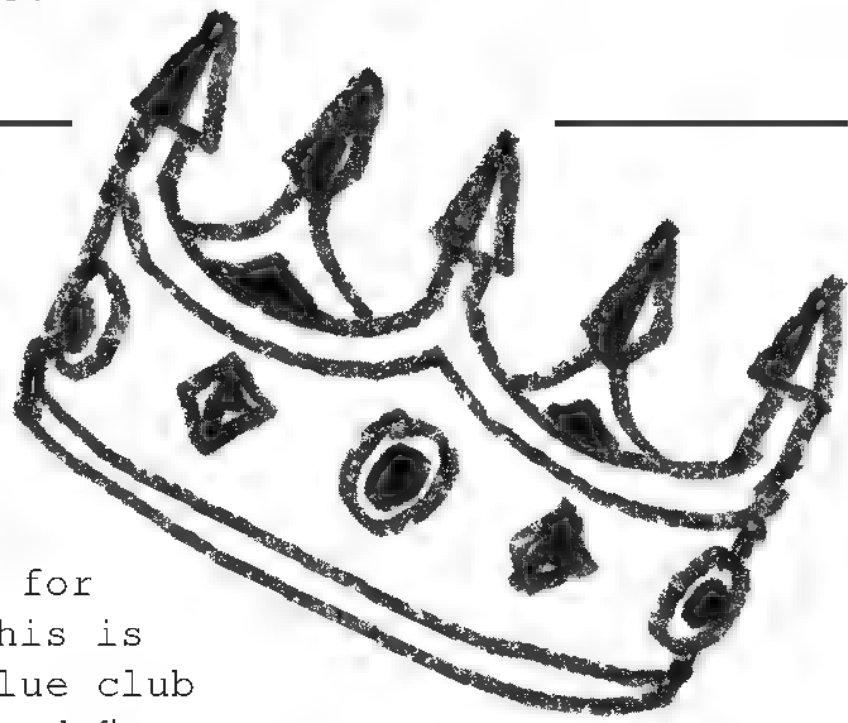
House parties are cool, but make sure to check out Edmonton's nightlife scene before wrapping up your sentence. Here are some notable nearby hits and misses:

OLD STRATHCONA HOTEL AND BAR (10302 82 AVE.)

The street level hangout in Old Strathcona, also known as "The Strat," is Edmonton's all star dive bar. There's something magical in their \$7 pitchers and crunchy carpets, an elusive allure that draws in Whyte Ave. hipsters and truckers with beards by the boatload. If the lingering smell of stale Pilsner and desperation aren't your scene, you're probably better off checking out one of the other bars on Whyte.

THE OLD STRATHCONA RACK (10544 82 AVE)

Hitting up The Rack is a rite of passage for every freshly 18 year old Edmontonian. This is the closest thing you'll get to a true blue club experience in the university area, and is definitely one of the better places to jam to top 40 remixes in the City of Champions. Ariana Grande sounds better with a few vodka crans in your system, so toss back some dranks and dance the night away. Make sure to stumble into Queen Don air for a satisfying meal afterward.



WORST

BEST

ROOM AT THE TOP (SEVENTH FLOOR, STUDENTS' UNION BUILDING)

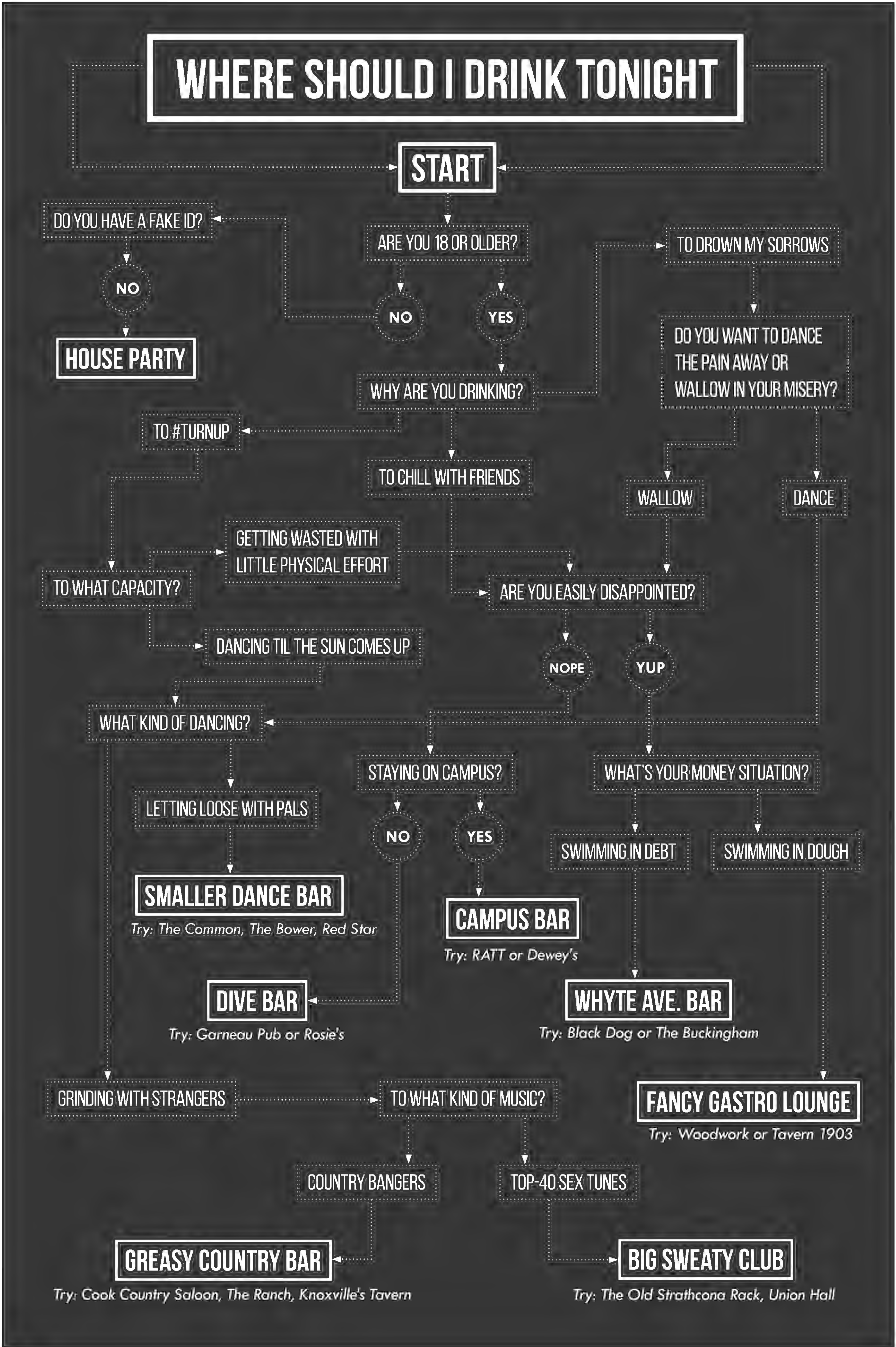
Room at the Top, lovingly referred to as "RATT" in the Big House, has a cool birds-eye view of campus, but not much else. It's notorious for providing its patrons with a generally disappointing experience, but will do just fine in a pinch if you have a burning craving for luke-warm beers and damp sweet potato fries. But who knows, maybe this year will be better (Editor's note: it probably won't be).

DEWEY'S (OLD POWER PLANT BEHIND DENTISTRY/PHARMACY BUILDING)

Home of the only pool tables at the U of A and the most sus bathrooms you'll ever lay eyes on. Dewey's is a cozy hangout in the heart of campus, and is great for getting day-drunk after class while pretending to study. They always have a solid playlist going, and have by far the best breakfast menu on campus.

THE COMMON (9910 109 ST)

This gem is only one stop away from main campus via the LRT. The Common is a bougie gastrolounge with a gorgeous interior and is always spinning danceable tunes from brit-pop to old-school hip-hop. The drinks are a little more expensive, and you'll probably have to pay cover, but it's worth it. If you're concerned about that, just pre-drink at home and get down to phat beats in a fancy environment for cheaper. You deserve it, inmate!



SAFETY

It happens. Just when you get time off for good behaviour, your cellie's had a bit too much pruno and some crooks pull a shiv when the guard's not looking. Now's not the time to punk out – call the Five-O and study up these survival lessons for the big house and beyond.

BE READY TO RABBIT:

Every orange worth their dime knows you better have a getaway driver on the outside. Before you hit the town, check bus schedules in advance, stash cab fare (and don't spend it on anything else) or at least know your favourite places to bunk when you can't get back to your rack. Being under the influence can be different every time – or unexpectedly just one time – depending on myriad variables in your body, routine and diet, so never drive after any drinking, lest you risk hard time. Better not to bring your ride at all than be tempted to avoid leaving it downtown with criminals everywhere. If you feel any danger, trust your instincts: get space, get help, get safe.

HAVE SOMEONE WATCH YOUR SIX:

A trusted associate should always know your game plan and when you'll check in back at the safe house. It's also wise to have a buddy at your back, helping you keep track of any alcohol consumption, because only wack fishes drink too much. Binge drinking is five drinks for an average male or four for an average female in normal conditions, with a standard single drink being one five-per cent beer, 100 millilitres of wine or an ounce and a half of 40-per cent distilled spirits (one shot). Drinking less than that quickly or when otherwise susceptible, like on an empty stomach, may have similar effects. And don't drink your beverage if it's been out of sight.

THE MORNING AFTER:

Eating and getting plenty of water between sips of cell swill will help avoid the worst of a hangover, but you'll still need plenty of hours before inspection. Sketchy home remedies notwithstanding, the only path to real sobriety is the time needed for your liver to filter the alcohol from your blood; the more you drink the longer that takes, but easily up to two hours per drink. While some call this justice, *The Gateway* recommends a few extra efforts to help you replenish your lost lust for life.



BINGE DRINKING

MEN:
AVERAGE 5 DRINKS

WOMEN:
AVERAGE 4 DRINKS

STANDARD SINGLE DRINK: ONE 5% BEER, 100 ML OF WINE OR ONE SHOT



Don't skip the mess hall. You may not feel much like eating right away, but the sooner you're able to keep something down, the closer you are to freedom from the oppression of your predicament. Whatever doesn't immediately trigger revulsion is better than nothing: soda crackers, toast or bread with or without spreads, bananas and other fruit, a smoothie or nutrition shake, or even greasy foods. One bite at a time over a few hours may help you work up to the restorative meal you need.

Hit the showers — but not just to get clean. You need plenty of drinking water. Headaches, shakes and nausea come from dehydration caused by increased urination from alcohol. You also likely sweat a lot and burn energy during and after partying, so it's good to drink a little something with electrolytes and nutrients like sports drinks, or a home-recipe substitute with at least sodium and some sugar. But mostly water.

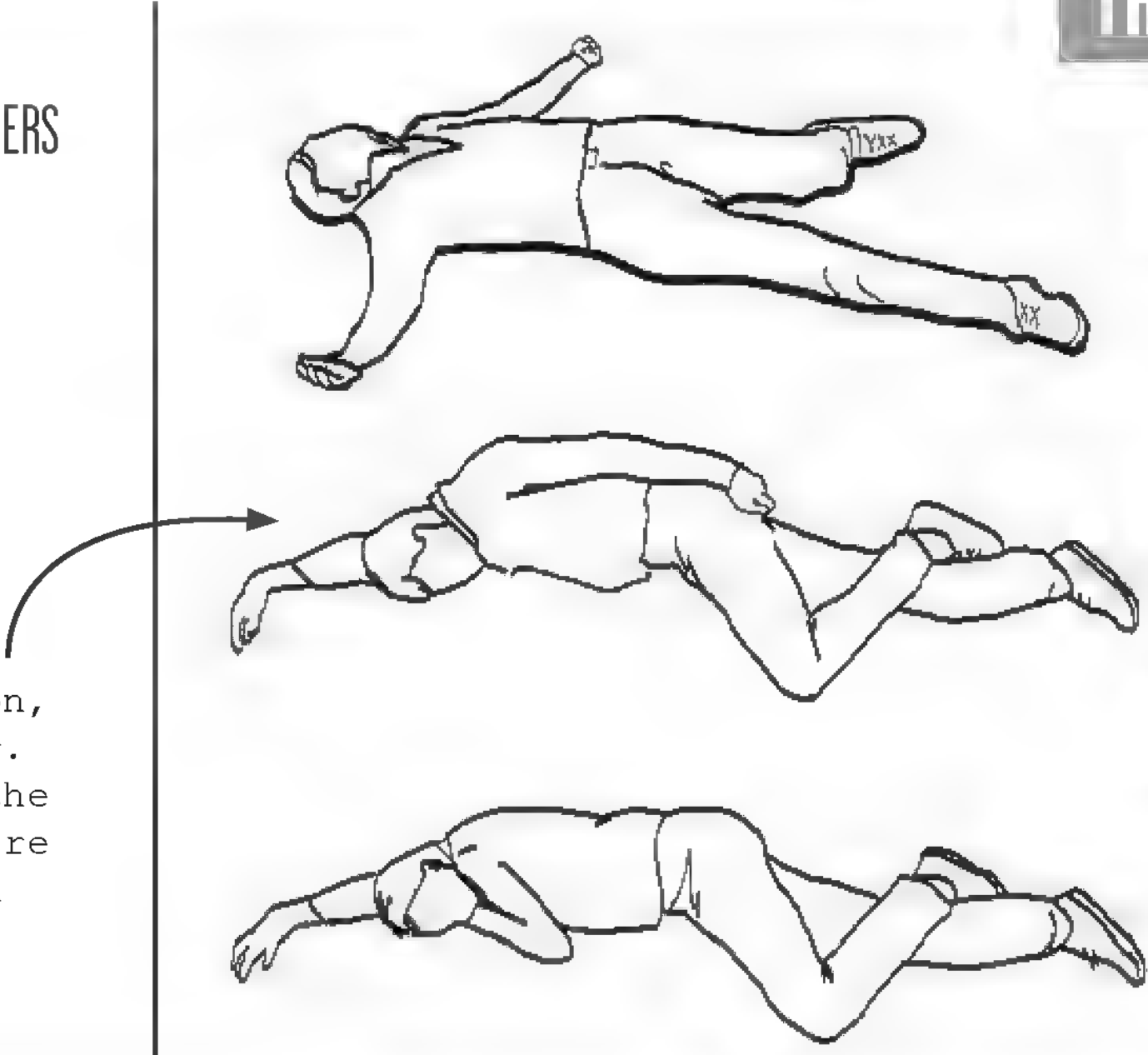
It's not a great idea to take acetaminophen, like Tylenol, after drinking, since it's processed through the same organ you're already working hard, the liver, and is easier to overdose on than other headache medicines.

IT'S TIME TO GET HELP IF YOU OBSERVE THESE WARNING SIGNS IN YOURSELF OR OTHERS

Signs of alcohol poisoning:

- Severe vomiting or vomiting after passed out
- Not responding after being shouted at, pinched, nudged or poked
- The inability to stand up
- The inability to wake up
- Slow, deep, irregular breathing
- Purplish, cold or clammy skin
- Rapid pulse

If you see any of these signs in an intoxicated person, don't hesitate – the person's life could be in danger. Call 9-1-1 to get help immediately, but don't leave the person's side in case they stop breathing. While you're waiting for help, place them in the recovery position (Source: Alberta Health Services).



THE RECOVERY POSITION

- 1** Your friend has passed out from trying to drink away his debt. Make sure you place the arm closest to you straight out from their body, above their head.
- 2** Take the person's far knee and gently roll them onto their side
- 3** Position their far arm with the back of their hand against their cheek, propping their head up from the ground, tilt their head up slightly so that the airway is open. Make sure their hand is under their cheek. This will keep their head elevated and prevent them from choking on their own vomit.

#FINDNELLIE



We will hide a picture of *The Gateway's* resident mascot, Nellie, in each issue this year. Tweet us at @The_Gateway using #findnellie when you see her!

Arts & Culture

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Twitter
@chryslerrr

Volunteer
Arts meetings are every Wednesday at 4pm

social intercourse

COMPILED BY **Kate Black**

Week of Welcome: Mainstage

Until Friday, Sept 5
Quad
Free with ONEcard

Our university's back-to-school beer gardens can be frustrating. Long lines to get in and pricey liquor tickets make for a less-than-ideal situation when all you want is a nice patch of grass to sit on while you get comfortably day-drunk. Its redeeming factor is, usually, the music -- and thank god. Your friendly neighbourhood Students' Union has set up a decent lineup this year, including local fave Christian Hansen and deep-part aficionado, Lights. Just budget a bit of time before your favourite band takes the stage and make sure to bring your ONEcard, so you don't have to watch (and weep) from that treacherous beer garden line.

Week Of Welcome: Free Pancake Breakfast

Until Friday, Sept 5 at 8 a.m.
CCIS patio

If you're a grown-ass university adult and your mom still cooks you breakfast, congratulations. You're not as lucky as the rest of us. The Students' Union is looking out for those of us still longing for the comfort of a home-cooked meal to hold our hand through the spooky first days of school. The breakfast starts at 8 a.m. and goes until they run out of pancakes, so just make sure to show up early.

Week of Welcome: Headphone Disco

Saturday, Sept 6 at 7 p.m.
Quad
\$10 at ticketfly.com, \$15 at door

As Week of Welcome comes to a close, the reality of the school year starts to become all too real. Gone are the days of skipping class to drink beers in Quad, and the threat of snow is increasingly looming. Solution: dance your problems away, one last time before the madness of Fall semester beings. At the disco, guests are given a pair of headphones, which are connected to the DJs spinning phat beats. The result? A "silent disco" that looks bizarre when you're watching without headphones, but probably pretty cool if you're actually wearing headphones. The Headphone Disco sold out Dinwoodie lounge last year -- this year, though, they're moving the party to Quad, with room for 900 guests.

Gigli

Tuesday, Sept 8 at 7 p.m.
Garneau Theatre (8712 109 St)
Starring Ben Affleck, Jennifer Lopez

Gigli is perhaps one of the most iconic films of the early 2000s -- not because of its artistic depth or messaging, but because of its sheer terrible-ness. The rom-com, which sees a shitty mobster try to kidnap someone and fall in love with a badass lesbian, has earned basically every accolade available to awful movies. It cleaned out the Razzies the year it came out, being nominated for nine "awards" and winning six: Worst Picture, Worst Actor, Worst Actress, Worst Director, Worst Screenplay and Worst Couple. To top it off, it was pulled out of American theatres after just three weeks, and earned a cringeworthy \$6 million in the States. Metro is presenting this delightfully horrific film as part of its "Turkey Shoot" series, which celebrates a terrible movie each month.



CHRISTINA VARVIS

Juicing the way to a healthier Edmonton

RevoJuiceinary creates organic juice cleanses while maintaining transparency and sustainability

Kieran Chryslor

ARTS & CULTURE EDITOR • @CHRYSLERRR

Mike McGinn has three juicing commandments he will not compromise on: 100 per cent organic, locally sourced and cold-pressed.

McGinn, a soon-to-be political science grad of the University of Alberta, has recently created an Edmonton-based juicing company, RevoJuiceinary. Along with partners Danielle Deschamps and Mark McCormack, he has taken four months to bring the company from a dream to reality.

Though he didn't study it in school, nutrition has always interested McGinn. After playing around with diets ranging from veganism to Paleolithic, coupled with working in health stores across the city, he soon saw a void in the market.

"While I wasn't studying health in school, I had a lot of interest in the health community and I noticed in Edmonton that what we created with RevoJuiceinary, in regards to the product, was not in existence," he says. Edmonton definitely has its share of juicers, but RevoJuiceinary strives to be unique through their unwillingness to compromise on their value set in exchange for higher profit margins. From meeting sustainability goals by packaging products in recyclable glass, to being as transparent as possible about why their juices cost a pricey \$11 per bottle, the company has high expectations for itself.

■ **"My goals are more so to put forth a message, see how people receive it, and show the business world that this model is sustainable."**

MIKE MCGINN
OWNER OF REVOJUICEINARY

Luckily, RevoJuiceinary has already found ways to meet those expectations, and surpass those of the average consumer. All the vegetables needed to make the juices come from The Organic Box, a service that delivers organic produce delivered right to customers' doorsteps.

As The Organic Box also sources its

vegetables from a mix of local farms and their company farm in British Columbia, RevoJuiceinary is also 90 per cent locally sourced. The only ingredients that can't be grown in Canada are ginger and turmeric, which are considered very important to the juicing process to cut bitterness of some of the leafier greens.

They have also purchased a Norwalk juicer, keeping to their cold-pressed standards. Cold pressed is a method of juicing that allows less oxidation of the juice in the process, making the nutrients more abundant in the finished product. This is valuable when doing a RevoJuiceinary cleanse, as the drinker is attempting to load as many nutrients as possible into the body with each juice.

The cleanse itself contains either six or eight juices, based on the package purchased from their website. McGinn notes that the cleansing process mirrors the fasting practice found in many cultures across the globe, be it spiritual or an aid to the immune system. RevoJuiceinary has taken these practices and applied them to their cleansing system.

"Your body has time to get rid of what it isn't looking for any more and doesn't focus on digestion so you can process and get rid of what your body doesn't need," he says. The idea behind juicing is that because there's no fibre and it's just micronutrients...and very little protein and sugar, your body has (to do) no work."

The juices are designed to load the body with nutrients and not an inordinate amount of sugar (as most juices found in the supermarket tend to do), so they can be difficult for the inexperienced juicer to drink. RevoJuiceinary currently makes five juices, and all have been selected to work together as a strong cleanse.

"We initially had plans for more 'fun juice' in terms of a little sweeter and easier for people to take in that first time" he says. But our priority was if people wanted to cleanse, they would get a strong cleanse. So that's what we did for the first set of juices."

What differentiates RevoJuiceinary further is their determination to unify a successful business with social activism, a venture not often chased in the traditional business model.

As a prominent member of the University of Alberta's Student Umbrella for Social Justice, McGinn is determined to prove that a business can marry capitalism with activism. From exposing clients to the RevoJuiceinary book club (whose first discussion is Judith Butler's *Gender Trouble*) to simply upholding their goal to be completely transparent, RevoJuiceinary is proving that the traditional business model is not necessary to success.

"We want to be as transparent as possible. If someone says, 'Well this juice costs \$5.50 (to make) but you're charging \$11, that's too much,' we can say, 'well that's what we need to charge to be sustainable and that's what we're going to propose,'" he explains. "We will eventually try sliding scale pricing and see how people react. It's gonna be fun."

McGinn is determined that these little glass jars of juice will challenge the traditional business model in a big way, while also helping Edmontonians get a hearty dose of fruits and vegetables.

"My goals are more so to put forth a message, see how people receive it, and show the business world that this model is sustainable."



CHRISTINA VARVIS

datappWRITTEN BY **Richard Catangay-Liew****Porn
hub****Pornhub**

3D
amateur
anal
asian
ass
babe
bbw
big dick
big tits
blonde
blowjob
bondage
brunette
bukkake

Pornhub

COST > Free

PLATFORM > Android

Ever been studying in Rutherford and have the sudden urge to rub one out? If so, you, my friend, have self-control issues.

But if you're okay with cluttering your Android UI with a not-so-discreet Pornhub icon, you're in luck — you horny bastard.

Unsurprisingly, the app isn't available in the Google Play store. To install, you need to enable "Unknown Sources" in your phone settings, then click a link Pornhub's website or scan a QR code (people still use these?).

From there, you get to familiarize yourself with the recognizable orange-and-black theme of Pornhub.com. Unlike the mobile version of Pornhub, there are no ads, so you don't have to worry about some "hot grandma in your area" banner — unless

of course, you're into that sort of thing.

Filtering videos while in the app is a breeze, as you can rank videos by "Most Recent," "Top Rated" or by category. I won't list the categories available because if you downloaded this app, you probably already know what kind of porn you like watching.

You also have the option to log in to your Pornhub account, if you have one, and access your favourites or post comments.

As expected, Pornhub will drain your battery mercilessly, much like other tube-based apps. But, if you spend more than 10 minutes watching porn on a mobile device, you might need counselling. Or a girlfriend.

The Pornhub app is exactly what you expect: a quick way to relive some stress. While it's easy and convenient, it's definitely not a worthy substitution for your desktop or laptop screen. Despite using a Galaxy Note, the screen was still too small. Plus you'll look like a weirdo if your friends see the app icon on your phone.

Dat app is a regular Arts & Culture feature that highlights and showcases the best apps available.

**fashion
streeters**COMPILED & PHOTOGRAPHED BY **ALEX PAPAVALIOU****Collins Maina**
POLITICAL SCIENCE III

GATEWAY: Describe what you're wearing.

COLLINS: I'm wearing black boots with light-washed jeans, and a sweater from Urban Outfitters. I bought my shirt in the States, and my bag is surprisingly from Forever 21. It was \$10. My jeans are from H&M.

GATEWAY: What's your favourite thing you have on?

COLLINS: My boots, basically. Boots are my life. It's summer, but it feels like fall right now, and that's why I pulled out the boots.



Check out thegatewayonline.ca/fashionstreeters for more photos.

the brew crewWRITTEN BY **Keegan Goerz****Coffee Porter****Brewery:** Mill Street Brewery**Available at:** Jasper Liquor Merchants (11607 Jasper Ave NW)

Toronto-based Mill Street Brewery describes their Coffee Porter as "Balzac's own dark-roasted coffee brewed with a full-bodied traditional porter" — but it should be described as "heaven on earth." This brew understands that when the established beer lover wants coffee-flavoured beer, the sensation of both delightful beverages should be blended to perfection.

The beer blends flavours together seamlessly with incredible attention to detail, which is first shown before the cap is even taken off. The Coffee Porter lacks a cheap-feeling label common with other breweries, and is instead replaced with cold painted lettering which boldly advertises the delightful brew to be found inside. When poured, a small head dissipates quickly, lending itself to easy bottle drinking. However, I'd recommend you pour it into a tall glass to experi-



ence the full bouquet of flavours. To the nose, the drinker gets sweet coffee scent with plenty of roasted malt, followed by a hint of chocolate.

This is not a substitute for Guinness, despite its appearance as an engine lubricant. It has a substantially creamier mouthfeel. This brew would be a good introduction for a stout or porter virgin, as the minimal bitterness comes from a sweetly flavoured coffee. There is a cold bite at the tongue that turns into a warm splash at the back of the throat, reminiscent of a warm fireplace pouring in heat on a cold winter evening.

This is not the drink you want to binge with after a poor exam result, but it is a wonderful conclusion to a wildly mediocre day of instruction. It is my belief that Mill Street Brewery has built its Coffee Porter with the student who just happens to study in a rustic cabin by light of fire in mind.

ALBUM REVIEW**The Wooden Sky**
Let's Be Ready

Chelsea Records

<http://www.chelsea-records.com/>**Sarah Lazin**

ARTS & CULTURE WRITER ■ SARAH@LAZIN.CA

It's easy to miss those long August evenings in Gallagher Park as school closes in and the air bares that autumn chill. The Wooden Sky offers solace for those suffering from post-Folk-Fest-blues with their fourth folk-rock LP this week, *Let's Be Ready*. The album title is the band's classier rendition of "YOLO" — the album embodies the desire to embrace life and all the beauty encompassed within it.

They create a much larger sound than would be expected from a band of three members. The occasional collaborators on violin, bass and

vocals provide the album with a rich, full-bodied sound and diverse content. *Let's be Ready* has a definite melodic uniformity, with many of the songs fading seamlessly into each other. However, varied speeds and moods keep the album from sounding overly repetitive. The Wooden Sky has created raw, genuine music, that provides a beautiful vulnerability that emerges from wavering vocal delivery. They have harnessed the subtle imperfections that define authentic music making.

This album represents all of the best parts of summer. "Saturday

Night" is a perfect driving song — think windows down and volume up. "Let's Be Ready" is ideal accompaniment to a peaceful campfire after a long drive in your Chevy. "Maybe It's No Secret" is unadulterated toe-tapping, folk-goat-rock goodness.

Let's be Ready is an excellent way to carry summertime vibes into the coming school year. So if you missed attending Folk Fest, or feel serious need for some folksy bleating in your life, check out The Wooden Sky and head over to the Starlite Room on September 24th to catch them when they breeze through Edmonton.

THE MATRIX

15TH ANNIVERSARY EDITION

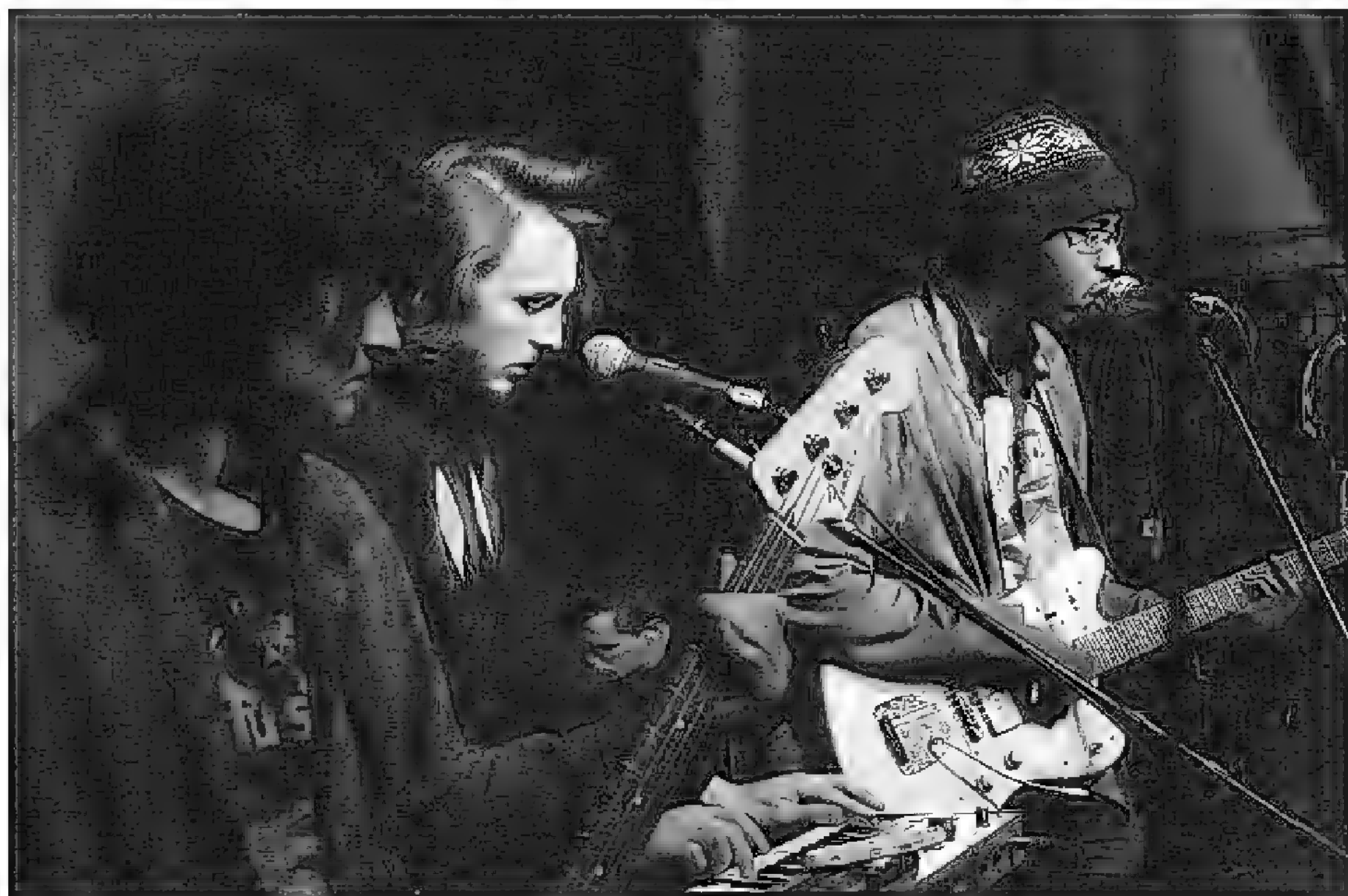
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Sound of Edmonton shines light on local music scene

EVENT PREVIEW

Sound of Edmonton Premiere

WITH I Am Machi, Latcho Drom, At Her Feet

WHEN > Sept 3, 7:30 p.m.

WHERE > The Artery (9535 Jasper Ave.)

HOW MUCH > \$15

Kieran Chrysler

ARTS & CULTURE EDITOR • @CHRYSLERRR

The music scene in Edmonton is hugely underrepresented — or so believes local filmmaker Evan van Ramshorst.

Van Ramshorst has been an active member within the Edmonton music

scene for more than three years, playing shows both solo and with a band, and frequenting concert venues around the city. He soon realized that musicians in the city were relatively ignored, and wanted to minimize the apathy many Edmontonians have towards the city's music.

“If the entire city knew what was happening and was really excited about it, I would be really happy.”

EVAN VAN RAMSHORST
DIRECTOR

A documentary-style film was the best way to bring light to the skilled musicians he's encountered, he decided. And thus, *Sound of*

Edmonton was born.

“I just realized there was a really large talent pool here and there wasn't a lot being done in terms of it being promoted or documented, so I thought I would change that,” he says.

In an attempt to show off the talent, *Sound of Edmonton* profiles local bands such as At Her Feet and Brother Octopus as well as some recognizable faces from “behind the scenes.” Craig Martell, former owner of The New Wunderbar Hofbrauhaus, details how Wunderbar came to host seven concerts a week. Layne Mitchell of Sonic 102.9 discusses why Christian Hansen moved to Toronto to grow his fan base, as Edmonton didn't provide that opportunity at the time. The film gives thorough insight into how different people operate within the music scene, from producers to studio owners. They provide

their thoughts and anecdotes about Edmonton and why it's important to keep local music thriving. Beginning with how the bands formed, *Sound of Edmonton* chronicles every aspect of being a musician in our city, from contemplating relocation to the camaraderie between bands.

A broad number of bands are profiled, from some that are well-established in the city, to those that are still trying to find their footing. Edmonton sweetheart Christian Hansen makes an appearance in the film and discusses how he got his start, contrasted by a band that has yet to “make it big.” The similarities between all the bands are encouraging, as every musician starts in similar ways and could one day find acclaim.

Sound of Edmonton reveals the closeness of the Edmonton music scene and details the camaraderie between bands. As a musician,

van Ramshorst explains that he's experienced the positive energy between bands firsthand.

“It's very welcoming and everyone is helping each other out. It's not very competitive” he says.

While nobly attempting to shine a light on Edmonton music, van Ramshorst found his intentions for the film shifting during production, going from showing the world what Edmonton's music scene has to offer, to simply showing it off to the city itself.

“When I started I wanted to create something that would take off in other cities, but then it didn't become about that at all,” he explains. “It became about showing people in Edmonton what's going on that they might not realize or maybe they haven't paid enough attention to.”

“If the entire city knew what was happening and was really excited about it, I would be really happy.”

WHAT'S ON AT UALBERTA?

Until
Sept 20

7: Graduate Design
Group Show

work by seven
Master of Design candidates
FAB Gallery

Transatlantic Meeting

Mozart, Schubert & Brahms
Patricia Tao (piano) with
international guests
Convocation Hall

Sept 13
8 p.m.

Sept 18-27
7:30 p.m.

The Violet Hour

by Richard Greenberg
U of A Studio Theatre
Timmins Centre for the Arts

Guidelines for Critical Thinking

when ...

• talking • reading • blogging • writing • living

4. • justify your answers with text evidence... because...
• and examples from your life/world
• agree and disagree with other and authors
• ask questions of others and authors
• complete sentences, correct punctuation/capitals

3. • agree and disagree with others & authors
• justify your opinions, tell why you agree & disagree
• speak & write in complete sentences

2. • answers questions but not justify them
• agree & disagree but you can't tell why
• incomplete sentences, incorrect punctuation

1. • does not contribute to the conversation
• does not share your thinking
• does not agree or disagree with others

Justify: to defend your thinking by showing & telling with examples & evidence.

Disagree?

Write your own opinion.

gateway **OPINION** EDITED BY KIERAN CHRYSLER WITH WRITERS
JESSICA BROWN, JESSICA BROWN

UNIVERSITY OF ALBERTA
FACULTY OF ARTS

uab.ca/shows

avenue
magazine

ckua

VUE
WEEKLY

#Ualberta everything

Keep up with university life even when you're on the go

Christina Varvis
PHOTO EDITOR ■ @THEVISUALADDICT

Now that you're at the University of Alberta, you might as well totally immerse yourself in the experience. Whether you're looking to procrastinate, connect with campus gossip or simply confess your love for that hot guy with the beard in your English class, you can find endless hours of UAlberta-related fun on the internet. With that being said, here is a list of the best pages to follow and add to your favourites bar.

Overheard at the University of Alberta 

With 11,046 Facebook members to date, Overheard at the University of Alberta has the biggest following of all the university's social media outlets. Once you join the group, you can read up on all the weird conversations that have been overheard around campus by other students, and even check out photos of cool and sometimes creepy things overseen in classrooms, pedways, fire extinguisher cabinets, etc. You can contribute your own material as well, as long as it's not offensive towards a fellow student or professor.

UAlberta Confession 

UAlberta Confession is another popular Facebook page that offers constant entertainment and company late into the night, as you're rushing to start and/or finish your paper. Here you can check out anonymous posts sent in by students confessing about literally anything that's going on in their life, so be prepared to read some pretty funny, pretty awkward, and just really weird things overall. Highly recommended, especially when you need help with procrastinating. (As if anyone needs help with that though.)

@ualbertastudents 

This is a definite must-follow for your feed if you're a major Instagram junkie. Not only does it post interesting perspectives of various buildings and views of campus, it also profiles UAlberta students from a variety of faculties and posts photos of their experiences. Produced

by the Office of the Registrar, the account's profile also provides a link where you can go and nominate a student to be featured in photos and basically become famous (around campus anyway).

@UAorientation

Created to help new students transition and connect to their campus community, @UAorientation is a great profile to follow, even if you don't tweet, and especially if you are new to the university this year. The page tweets great advice for navigating campus, buildings and also provides updates on upcoming events, volunteer opportunities, campus groups and everything you could possibly want to know about the university. It also reminds students of important dates and times, which is always helpful, especially if you don't use an agenda (tip: get an agenda).

The Gateway   

If you tell someone on campus you've never heard of *The Gateway* before, they'll probably just walk away from you. So, to prevent this from happening in the future, simply know that *The Gateway* is the university's official student newspaper and it's amazing. Like, amazing. *The Gateway* informs you on everything that is happening on and off campus, in and out of Edmonton, and does so with grace and awesomeness. You can also find us on every social media platform online and on our very own website, where you can find the exact same content you see right in this paper that you're holding, as well as links to all our other platforms.

For photos, check us out on Instagram (@thegateway) for behind-the-scenes shots of our staff, including our mascot Pat, and you can also check us out on Flickr where we post the wonderful pictures that our volunteer photographers provide us with every week. For news highlights and updates, check us out on Twitter, and don't forget to subscribe to us on YouTube, where you can find really cool DIY videos and other fun stuff. We are pretty much everywhere, so come at us bro.

gatewaySPORTS CHECK OUT SPORTS VOLUNTEER MEETINGS
5 P.M. EVERY WEDNESDAY IN 3-04508

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NORTHLANDS | EDMONTON



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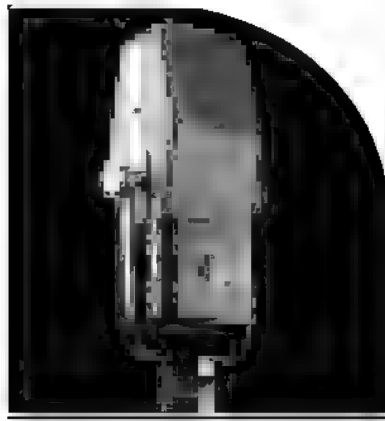
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COME CHECK US OUT AT SUB 3-04

Pooping on campus? Find the nicest bathroom around



Arts & Culture
Staff
GROUP COMMENTARY

Ah, first year. You're in a new place, there's beer and free food everywhere, and nothing is happening in any of your classes. Yes, the first week of school is a magical time, but don't get too used to it. Winter is coming.

Alas, at the end of the week the tents will be pulled down, your school schedule will become insane, and that university stress that you've heard so much about will set in. Between exam anxiety, a new caffeine addiction and consuming more alcohol than your liver can reasonably process, you'll at some point feel the strong winds of bowel voiding necessity.

That's where *The Gateway* comes to your rescue. We've all felt that nervous pressure to perform in a bathroom, and we understand that most of the campus bathrooms are either overcrowded or undercleaned. We've gathered a team of professional poopers, who are here to hold your hand through the cloudy brown waters and show you the world of cheerful crappers on campus.

Mergim Binakaj

I take bathrooms extremely seriously. Why? My breakfast ritual consists of taking a probiotic pill, eating a bowl of porridge (with the exact type of said porridge rotating between four grains), and getting on my kefir grind.

So yeah, I poo constantly. The

vast majority of them bring incredible enjoyment to my gastrointestinal tract — but also to my emotions, and psyche. Since I'm inseparable from the U of A campus, it has been a priority of mine to seek the *crème de la crème* of the bathroom — which I've determined to be located on the first floor of the Genetics wing in the Biological Sciences Building.

I find the experience of pooping to be slightly different from that of urinating — at least as a dude. While the crucial tenets of a good place to urinate (capacity, cleanliness, touch-free capabilities, paper-towel availability) still apply to a good shitting destination, there are still other things to tank into account: mainly, the odour of the bathroom and the shape of the seats.

With these two criteria in mind, the Genetics stalls are cemented in first, and it isn't even close. It smells like heaven. Seriously. Go see (and smell) for yourself. Also, the toilet seat fits my lanky legs harmoniously. It puts me in the perfect head-space to free the canals, and think happy thoughts.

Cameron Lewis

There are a lot of fancy bathrooms at the U of A. Places like the Katz building, ECHA and the upper floors of CCIS offer some shiny, platinum, futuristic places to drain the main vein. Although these places appear to be straight out of an episode of the *Jetsons*, they aren't the best place to get privacy.

A strategy that I've learned over my time at the U of A is that you should always sacrifice fanciness

for space. If there's a bathroom that looks really nice, but hundreds of people come through it in a day — it isn't the bathroom you want to use.

The bathrooms on the second floor of the Fine Arts Building are best for a comfortable, cozy crap. It seems those bathrooms go on forever, as the men's room has like 10 urinals and another six stalls to boot. Also, leave it to fancy fine arts folk to keep their bathrooms clean. You won't find a poo in the sink in FAB, like you probably will in HUB or SUB.

Jennifer Robinson

We've all been there: long days of classes that have you practically living on campus. There are things we would all love to take care of in the comfort, and non-judgemental safe space of our homes, but that luxury is not always immediately available. Sometimes you gotta do what you gotta do, and you need that one place that makes you feel comfortable while you do it.

The bathroom on the first floor of the Business building next to the door to the Business Atrium is the place you have been looking for. The bathroom is long, with seemingly endless stalls, providing anonymity to all those entering the washroom. Not to mention the glorious hand driers that are about as loud as a jet engine and conceal any sounds that may escape the body. The dim lighting even provides a nice intimate feeling where you can take care of your business in peace.

There's no need to ruin your day and make yourself uncomfortable by holding it in, just treat yo' self to a few peaceful minutes in the first floor Business bathroom.

Richard Catangay-Liew

If you're looking for a tidy and shiny place to drop a deuce, cross the street to the U of A's hospital side of campus. Not only does the Edmonton Clinical Health Academy (ECHA) have super clean and shiny washrooms, but anyone taking classes in the building should know how to properly wash their hands, so you don't have to worry about bacterial infection. If not, the U of A's health education programs have failed miserably.

The main and second floor of ECHA are relatively busy, so their washrooms usually have high traffic, especially in between class changes. But the third floor, which houses the School of Public Health and not much else, is usually pretty empty.

The bathrooms on third floor ECHA aren't completely private, are clean, smell fantastic and have an ample balance of urinals and stalls. They're so clean I feel comfortable writing this article while in the stall.

Kate Black

I've dealt with stage fright my entire life. No, I'm not talking about theatre — I'm talking about pooping in public. Long story short: I'd rather writhe in intestinal pain for a whole school day than deal with my anxiety of expelling my bowels in the presence of another person.

After I got really into coffee, holding it all day wasn't an option. So, I spent nearly three years of my university career lurking in hidden lavatories in the scariest and most obscure corners of campus in the hopes of finding a secret place to shit in peace. Little did I know, the

pooping bathroom of my disgusting dreams was standing right in front of me all along: the SUB bathrooms right in front of the Bookstore.

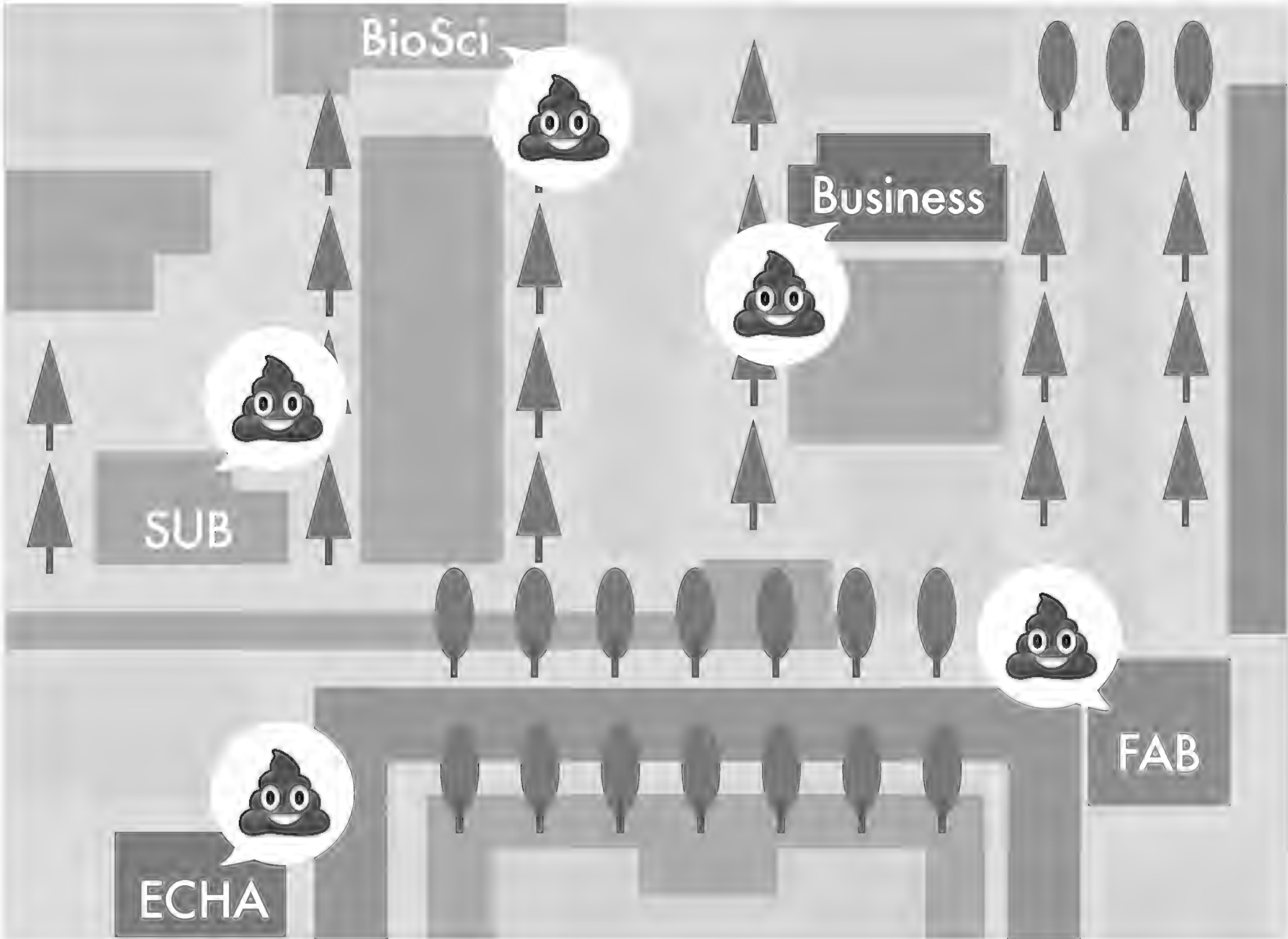
Weird, right? SUB is literally the most popular building on campus, but it's an anxious public pooper's paradise. The bathrooms are fucking huge, so if you mosey on down to the back corner, you're completely anonymous. It doesn't matter if you have the most explosive diarrhea from the hordes of hell — nobody can tell who you are if they don't see you leave the stall. Just hang out in your stall for a bit, catch up on Twitter and just wipe really well until the coast is clear.

Thanks to the big SUB bathrooms, I've turned public pooping into Me Time and it's amazing. Poop on, scaredy poopers — you deserve it.

Places to avoid

Alas, we've shared our secrets, and included a map to help you find the Holy Grail of bathrooms. You'll find your personal favourite at some point during your undergrad, so prepare to experiment. As a note, most of the newer buildings are the best to use. However, to help you avoid making our mistakes, we will also disclose the shittiest shitters. Stay far away from these atrocious stalls.

- Any HUB bathroom
- The giant one by the large lecture halls in CCIS
- South Rutherford
- CAB by the study halls
- Main floor of Cameron Library
- Women's bathrooms in FAB
- Humanities right outside of HUB
- Upper floors of SUB
- Dewey's
- Dent Pharm





ALUMNI ASKED & ANSWERED

with

Megan Engel

'12 BSc(Hons), '13 MSc

Current Occupation: Student

What do you miss most about being a U of A student?

I miss being part of The Last Alliance: University of Alberta Tolkien Society. The inclusive, welcoming environment cultivated therein was unequalled.

What's the one piece of advice you'd give a current U of A student?

Keep a journal detailing the events of your life, regardless of how unpleasant or mundane they seem. These years are the crucible that forges the person you will become, and each experience will acquire a rich coloration in retrospect and catalyze self-understanding. I wish I had kept more extensive records to return to.

What impact has the U of A had on your life?
The mentorship and research experiences I had at the U of A defined my path and led me to academic physics. The leadership and volunteering experiences I enjoyed, especially through The Last Alliance and the U of A hospital, occasioned enormous personal development and gave rise to lasting friendships. I owe my successes in large part to the institution; it was, and is, a perfect nest in which to craft one's wings.

alumni.ualberta.ca/students



UNIVERSITY OF ALBERTA ALUMNI AWARDS

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CAMERON MENZIES

Doin' You: Pumpkin Spice syrup

Satisfy your dangerous Starbucks addiction by making your own pumpkin nectar

Kieran Chrysler

ARTS & CULTURE EDITOR • @CHRYSLERRR

Fall is here, and the pumpkin-themed Starbucks rollout has officially hit coffee shops around the country. The air is tinted a spicy orange hue, and the perfect accessory to sweaters has been dropped into our greedy paws. Yes, pumpkin spice time is here. And it is good.

What isn't good is the cost of that sweet, sweet addictive nectar. While there are varying prices as many stores are injecting pumpkin spice into bitter espresso, a standard pumpkin spice latte will probably set you back about five bucks. While this is fine in small doses, if you are one of the many who have succumbed to its pumpkin-y seduction, five dollars a day racks up pretty fast. This might be acceptable when your student loan is fresh in the bank, but you'll be cursing yourself come mid-November when all you can afford is lentils.

This is where we come in. *The Gateway* has got your pumpkin addiction on lock, and for the measly price of ingredients and 15 minutes of time, you'll have enough pumpkin spice to last you until Thanksgiving.

What you'll need:

- 1 ½ cups sugar
- 1 ½ cups water
- 2 tablespoons plus 2 teaspoons pumpkin pie filling (or more if you're feeling sassy)
- 1 teaspoon ground Nutmeg
- ½ teaspoon ground ginger
- 1 tablespoon ground cinnamon
- ½ teaspoon ground cloves
- Cheesecloth or coffee filter (optional)

Step 1: First, gather your ingredients. Borrow a cup and a half of sugar from your neighbour and use those rarely-touched bottles from that spice rack your aunt got you as a housewarming gift. If you have no spices, you can substitute three tablespoons plus a teaspoon of pumpkin pie spice.

Step 2: Dissolve your sugar in the water over medium heat in a small saucepan. Don't let that baby boil. Give it a nice warm bath.

Step 3: Toss everything else in the warm sugar water. Stir up your mixture so your spices become friends with the sugar. Marvel at how good at cooking you are.

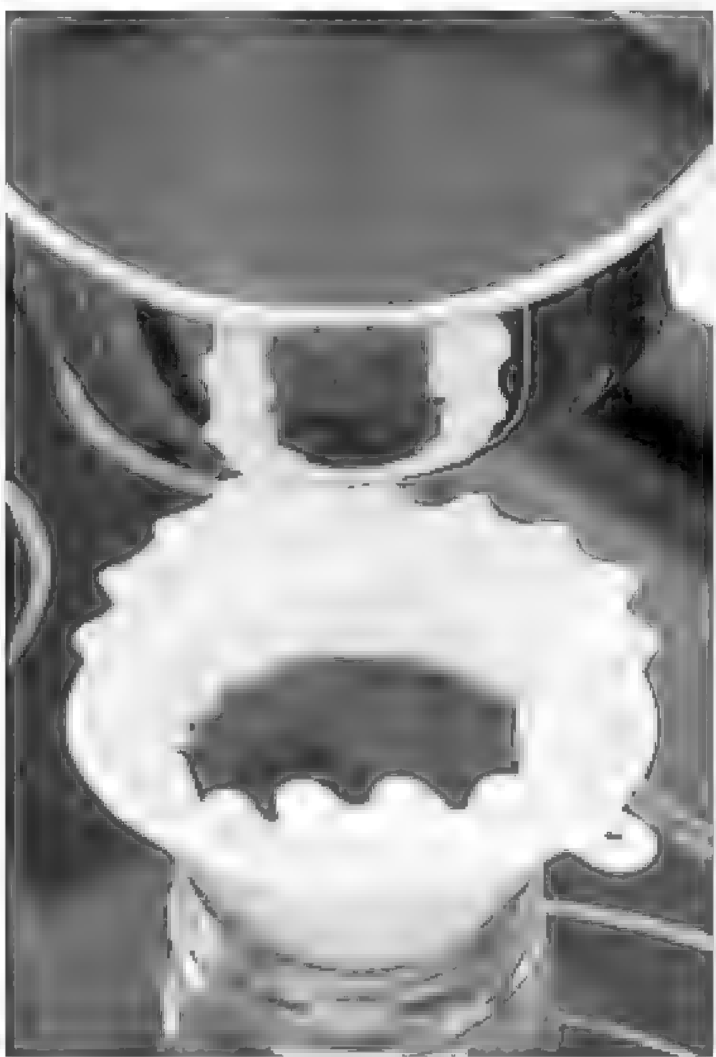
Step 4: Cook your mixture for about seven minutes. Keep it on low, we don't want no bubbles in this spice.

Step 5 (Optional): Strain your mixture through a cheesecloth (or coffee filter). This is mainly to get out any of the spice flecks and to give your pumpkin spice syrup a real "syrup" consistency. We skipped this step as straining took too long and we aren't scared of a bit of texture from the spices.

Step 6: Put that sexy sauce into a jar or container or some kind and keep it in the fridge. You now are a master chef and no longer a slave to the siren of Starbucks.

Now that you have your syrup, you can put that shit on everything. Apart from stirring into espresso and milk for a frothy latte, you can incorporate it into every part of your day. Put it on your oatmeal. Put it in hot chocolate. Put it in cookie dough. Put it on your face. We won't judge. We're just as addicted to pumpkin spice as you are.

Doin' You is a semi-regular Gateway feature that helps students learn ballin' life skills without their mom's help.



Sports

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Twitter

@cooom

Volunteer

Sports meetings are every Wednesday at 5pm

Battle of Alberta kicks off Bears' football season

FOOTBALL PREVIEW**Bears vs. Dinos**

Saturday, September 6 @ 5:30 p.m.
McMahon Stadium, Calgary

Cameron Lewis

SPORTS EDITOR • @COOOM

The Golden Bears football team will look to snap a three year winless drought this weekend as they open up the regular season with a clash against the Dinos in Calgary.

The Battle of Alberta will feature two teams on completely opposite ends of the football spectrum. The Bears haven't won a game

since they beat the Saskatchewan Huskies in the Canada West semi-finals in 2010, while the Dinos have won the Canada West conference championship for six straight seasons.

"We're starting off with one of the best teams in the country, so I think that's a really good challenge for us," Bears head coach Chris Morris said. "It's always good to start off with the best and see where you stand, so we're excited for that challenge."

The Bears suffered a massive defeat last year at the hands of the Dinos, as Calgary beat the Bears 76-21 at Foote Field in their only meeting of the season.

Morris has high expectations for

the season and despite their struggles last year, he's optimistic that the Bears will take a step forward this year.

"The program hasn't won a game for three years, so we want to start off with that," Morris said. "We feel we have enough talent here to be able to challenge for a playoff spot."

"We've made lots of progress. If you look at where we were last year compared to where we are this year, it's been huge growth so we're really excited."

According to Morris, playing better, fundamentally solid football is the key to the team's success this season. "Mistake free" football is what will produce a better team,

he added.

"We gotta make sure we execute, we aren't good enough to have that many mistakes happening on the field, so we want to make sure we execute," Morris said.

Despite holding an 11 point lead in the first quarter, the Bears dropped their only pre-season game last weekend 40-28 to Regina.

The Bears quickly pulled ahead 11-0 and went into half time with a 25-13 lead thanks to a strong performance from their starters. In the second half, Regina roared back against the Bears' rookies, scoring 27 points to take the victory.

Fifth year quarterback Ryan Schwartz threw for 160 yards with two touchdowns, but was also

sacked three times in the first half. Running back Aundrey Webster also had a solid game, putting up 237 all purpose yards, including a 110 yard punt return for a touchdown.

Despite the loss, Morris was happy with his team's performance.

"(The game against Regina) went pretty well, our starters were in for the first half, they did really well and we were up by quite a bit," Morris said. "In the second half (Regina) got a little bit of a jump on us, they scored a few times but we got all of our rookies in which is really good."

The game starts at 5:30 p.m. at McMahon stadium in Calgary on September 6.



GROUP HUG The Bears will take on the Dinos this weekend in Calgary.

KEVIN SCHENK

Bears and Pandas soccer both open season on home turf

SOCCER PREVIEW**Cameron Lewis**

SPORTS EDITOR • @COOOM

The Pandas soccer team will kick off their Canada West championship defence this weekend as the Lethbridge Pronghorns and Calgary Dinos come to town for the Battle of Alberta.

This weekend's season opener against Calgary will be a rematch of their final preseason game, which resulted in a 0-0 draw. In their first preseason game, the Pandas dropped a tough 1-0 loss to the UBC Thunderbirds in Vancouver. They followed it up the next day with a 0-0 draw against the Vikes in Victoria.

Although they didn't manage to earn a win in preseason, head coach Liz Jepsen is urging her players to take the season one step at a time.

"A season isn't won in one training session, one game, one moment," Jepsen said. "While our objective is always to win, we need to remember sometimes that it's just about playing soccer. If we commit to playing good soccer, the rest will fall into

place."

The Vikes and Thunderbirds were two of the top teams in Canada West last season, finishing first and third respectively. While the Pandas didn't manage to score a goal or earn a win in the preseason, the difficult games they played will tune them up nicely for the beginning of the season.

"We're a young team this year, we've had a few injuries over training camp so I think things might be a little tough off the get go, but I think the team needs to recognize that it's a long season even though it feels short at times," Jepsen said.

Alberta opened their season last year against the Dinos and Pronghorns, coming out with a win and a draw in the process. The Pandas breezed past Lethbridge to open the season with a 3-0 win, but ran into difficulty while facing the Dinos, finishing their second game 3-3.

Both Calgary and Lethbridge finished well below the Pandas in the standings last season. The Pandas, the eventual Canada West champions, finished in second with a 9-1-2 record, while Calgary went

6-4-2 and Lethbridge finished with a conference worst 0-10-2 record.

The Golden Bears soccer team will also open up their season this weekend, as the University of Winnipeg Wesmen pay a visit to Foote Field.

Coming off a solid preseason, the Bears are poised to head into regular season action on a high note. The Bears began their preseason with back-to-back wins against NAIT and the FC Edmonton reserve squad. Their only blemish came against FC Edmonton, as the Bears dropped their final tune-up game by a score of 2-0.

Despite finishing much higher in the standings, the Bears didn't have an easy time with the Wesmen last season. The Bears split their season series with Winnipeg last year, with both teams earning one win each. After winning the first game at home by a score of 2-0, the Bears had a shaky performance, dropping the next game 4-2.

Both games will be played at Foote Field on Sept. 6 and Sept. 7, with the Pandas playing at 12:00 p.m. and the Bears playing at 2:15 p.m.



BALL SO HARD Captain Julia Ignacio looks to lead her team to victory.

KEVIN SCHENK

Bears football seeks to snap epic losing skid this season

SEASON PREVIEW

Cameron Lewis

SPORTS EDITOR • @C000M

Overview: The performance of the U of A Golden Bears' football team has been dismal the past few years. The Bears haven't earned a win since 2011 and they haven't had a winning season since they went 7-1 in 2005. They also haven't actually won a real game since October of 2010, because the only two games they won in 2011 were the result of UBC forfeiting all of their regular season games as punishment for using an inactive player

on their roster. If you don't count the two games they won due to UBC's penalty, the Bears' winless streak has gone on for three full seasons.

Key players: Quarterback Ryan Schwartz was a massive bright spot for the winless Bears team last season, finishing in the top five in Canada West in both yards per game (249.1) and touchdowns (10). The Bears' defence let Schwartz down last year, as he was sacked a league high 23 times. Sophomore wide receiver Tylor Henry will also look to build on a strong rookie season that saw him finish fourth in the conference in receiving with 86.0 yards per

game.

Last season: Although they didn't manage to get a win last season, the Bears took a step in the right direction. They lost a couple of very close games, and with some better luck they could have easily finished the season 2-6. The Bears squandered a 19 point first half lead against UBC and eventually dropped the game 39-36 in overtime. They came close again in their second last game of the season in Regina. In the first quarter, the Bears led Regina 15-0, but eventually dropped the game 25-20 after a poor offensive performance in the second half.

The Calgary Dinos were the Bears' biggest nemesis last season. The Dinos destroyed the Bears in the battle of Alberta, winning their only matchup of the season 76-21.

This season: Unfortunately for the Bears, they have to open their season on the road against Calgary, the defending Canada West champions. Calgary went 8-0 last season in conference play, making it all the way to the Vanier Cup where they eventually lost to Laval. It's unlikely the Bears will win either of their games against the powerhouse Dinos this season. Their biggest chance to win a game will come

on Sept. 20 when Regina comes to Foote Field. The Cougars went 2-4 last season, winning only one game out of four on the road. For the Bears to make the playoffs, they'll have to win all of their games against UBC, Regina and Manitoba. The Bears have a very tough schedule with two games against both Calgary and Saskatchewan, making the four games against the weaker teams in the conference that much more important.

Prediction: The Bears will finally snap their epic losing streak this year, but finish the season on the outside of the playoffs looking in.



OMAHA, OMAHA! The Bears haven't won a game in three years.

SCOTT FENSON

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Defending CIS champs look to stay on top this season

SEASON PREVIEW

Kieran Chrysler

ARTS & CULTURE EDITOR • @CHRYSLERR

Overview: Coming off their second consecutive Canada West gold championship, the University of Alberta Pandas rugby team has a lot riding on this year. 2013 was the second year the team was undefeated, having knocked the University of Lethbridge's Pronghorns off the top pedestal in 2012. The team has also made a bid to host this year's CIS championships, which could make for a stressful season for the Pandas.

If the U of A is awarded host of nationals, there will be a tremendous amount of pressure on the team to repeat as national champions on home soil.

Key Players: In the 2013-14 season, the Pandas rugby team had league top scorer Amanda Fittes, who racked up eight tries, 10 converts and one penalty goal, bringing her total to 63 points overall. Back-row player Miranda Monty was named CIS MVP, and was second in the league for tries with four, behind teammate Fittes. While they were strong last year, most of the Pandas highest scorers are graduating. This

leaves the team in a tough position, not being able to fall back on what was already working.

Last season: There's no other way of putting it: the Pandas absolutely dominated Canada West rugby last year. Armed with a team of veteran players, the Pandas breezed their way through the 2013 season. Along with taking their second Canada West gold, the Pandas also went to the CIS nationals in Quebec City, and brought home their first national championship win since their home field victory in 2003. No team came close to overtaking the Pandas last season. The smallest point differential

came from the Dinos, who lost to the Pandas by a whopping 45 points. The Pandas also only allowed a total of three points in their final three games, outscoring their opponents by 130-3 in that span.

This season: Three of the four games this season will be fought on the road, but that hasn't seemed to be an issue in the past, due to the Pandas' domination the past two years. Their lone home game will come on Sept. 5 when Calgary comes to town for the battle of Alberta. The biggest issue the Pandas will face is that 10 graduated players have left some large gaps in the lineup in

key positions, such as scrumhalf, fullback, and the second row — the core of the scrum. With many of the team's stars leaving these key positions, the team will have trouble getting their footing back unless they have some strong rookie players who are ready to step up and take on a leadership role.

Prediction: Unless the Pandas have been grooming younger players while their talented veterans dominated the field, they could be at risk of being knocked out of their first place standing. The Pandas will likely win Canada West again, but come up short at nationals.



PANDA PRIDE The Pandas look to repeat as CIS champs.

KEVIN SCHENK

EDMONTON

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Pandas soccer team have their eyes on national prize

SEASON PREVIEW
Cameron Lewis
SPORTS EDITOR • @C000M

Overview: The Pandas have been consistent in Canada West soccer over the past five seasons. Over that span, the Pandas have made it to the finals of the Canada West playoffs three times, winning twice. Their most dominant season came last year, as the team lost only one game all season en route to their second Canada West championship in three years. Despite success in their conference and multiple appearances at nationals, the Pandas are still looking for the U of A's first CIS National Championship since 2001.

Key players: Julia Ignacio is entering her fifth and final season with the Pandas and will need to have another incredible season to give her team a shot at championship glory. Ignacio dominated the league last year, finishing atop the league in both goals and points. As a result of her amazing season, Ignacio was awarded Canada West Player of the Year, Student Athlete of the Year and was named a Canada West first team all-star.

Last season: The Pandas only lost three games last season. One of them was a regular season game against Trinity Western University, who went on to win Nationals for the second year in a row. The other was against Montreal in the semi-finals of the CIS championship tournament that ultimately ended the team's championship dreams. The Pandas

were dominant in conference play last season, going 9-1-2, good for second place behind Victoria in the Canada West standings. The Pandas ripped through the playoffs, defeating Fraser Valley, UBC and Trinity Western on their way to being crowned Canada West champions.

This season: Just like the Golden Bears, the Pandas are facing a new style of conference play. All games will be played between teams in the same division, so the Pandas won't see any teams from the Pacific division until the playoffs. As a result, the Pandas have a fairly weak regular season schedule, as the teams from B.C. provide the stiffest competition.

While this will make it easier for the Pandas to finish first in their division, it could provide a disadvantage as they won't be able to get an eye on their toughest competition. With the change in scheduling, the Pandas have a very easy road to the playoffs. The key for them will be to remain healthy and well rested throughout the season in order to prepare for powerhouses Trinity Western and UBC in the playoffs. The Pandas will play MacEwan University in a regular season for the first time in Canada West history this season, as the Griffins are playing their inaugural CIS season this year. The Pandas and Griffins will square off in the battle of Edmonton for the first time ever to finish the regular season on Oct. 18 and 19.

Prediction: The Pandas will get over the hump in Ignacio's final season and win their first CIS championship since 2001.



EYES ON THE PRIZE The Pandas look to defend their Canada West title.

KEVIN SCHENK

Bears soccer looks to bounce back after disappointing season

SEASON PREVIEW
Cameron Lewis
SPORTS EDITOR • @C000M

Overview: Despite their disappointing finish last season, the Golden Bears soccer team have been a force to be reckoned with in Canada West over the past decade. The Bears have finished with a winning record in each of the past six seasons, including a first place finish and Canada West championship in 2011. Although they've seen a great amount of success in their conference, the Bears haven't been able to win a CIS

National Championship since their home win in 2006.

Key players: In order for the Bears to be successful, Marcus Johnstone has to come up with another strong season. The fifth year striker was awarded rookie of the year in 2011 and has been named a CIS all-star three times in his career. Last season, he led the Bears with five goals and seven points and now sits tied for most goals in Bears club history.

Last season: The Bears had a solid season in 2013, finishing second in Prairie Division with a 7-6-2 record. Their first round playoff game against Fraser Valley

resulted in disappointment, as the Bears were immediately knocked out of the single game elimination tournament with a 1-0 loss. The Bears were hoping for a much better result in the playoffs after coming up just one win shy of a Conference Championship in 2012. The Bears finished on top of the Prairie Division in 2012 with a 9-2-4 record. Being the host team, the Bears were heavily favoured to win the Canada West Championship Tournament. They kicked off their playoff run with an easy 3-1 win over Trinity Western University, booking them a ticket to the finals against UBC.

A heartbreaking 2-1 loss resulted in the Thunderbirds hoisting the Canada West Championship trophy on the U of A's home soil.

This season: As a result of changes in Canada West's schedule policy, the Bears will only play teams in their own division this year. This change will likely be positive for the Bears, as they struggled against opponents from the Pacific division last year. Canada West is expanding to 14 teams this year, as Thompson Rivers and UBC Okanagan will make their debuts in the Pacific division and MacEwan University will join the Bears in the Prairie division. In

order for the Bears to finish on top of the Prairie division and earn a bye in the first round of the playoffs, they'll have to take advantage of the weaker teams in the division. The Bears closed out their season last year losing their final three games, including two losses to a non-playoff team in Mount Royal. With two other tough teams in Saskatchewan and Calgary eying top spot in the division, the Bears can't afford to give away wins to weak opponents.

Prediction: The Bears finish on top of the Prairie division, but come up short to UBC yet again in the playoffs.



TIMMY! Tim Hickson looks to get the Bears back on top.

KEVIN SCHENK



GOLDEN BEARS

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FOOTBALL

CANADA WEST CONFERENCE GAMES

Legacy Game	Sat Sep 13	5:00 PM	@ Calgary
Annual Weekend 50th Anniversary	Sat Sep 20	5:00 PM	Regina
	Sep 27	3:00 PM	@ British Columbia
Kids Go Free	Sat Oct 4	5:00 PM	Manitoba
	Sat Oct 18	2:00 PM	Calgary
	Oct 25	1:30 PM	@ Saskatchewan
	Nov 1	2:00 PM	@ Regina
CANADA WEST PLAYOFFS			
	Nov 7 or 8		Semi-Finals
	Nov 15		Hardy Cup
CIS NATIONAL CHAMPIONSHIP			
	Nov 22		UTEC Bowl CWUAA @ RESQ
	Nov 29		Vanier Cup @ Montreal

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Feb 12 - 14	CW Championship @ Calgary

Feb 27 - 28 CIS Wrestling Championship

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in the Main Gym

GOLDEN BEARS & PANDAS

SOCCER

PANDAS VS		GOLDEN BEARS VS	
Sat Sep 6	12:00 PM	Calgary	2:15 PM
Sun Sep 7	12:00 PM	Lethbridge	2:15 PM
Sep 13	12:00 PM	@ Regina	2:15 PM
Sep 14	12:00 PM	@ Saskatchewan	2:15 PM
Sat Sep 20	12:00 PM	Mount Royal	2:15 PM
Sun Sep 21	12:00 PM	Mount Royal	2:15 PM
Sep 27 - 28			
Oct 3 - 4	5:00 PM	@ Manitoba	2:15 PM
Oct 11	12:00 PM	Winnipeg	2:15 PM
Sat Oct 12	12:00 PM	Winnipeg	2:15 PM
Oct 18 - 19	12:00 PM	@ MacEwan	2:15 PM

CANADA WEST PLAYOFFS
Quarter Finals Oct 25
Final Four Oct 31 - Nov 1

CIS NATIONAL CHAMPIONSHIPS
Nov 6 - 9 @ Laval (Quebec City) 1 @ PEI (Charlottetown)

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GOLDEN BEARS & PANDAS

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CANADA WEST CONFERENCE GAMES

PANDAS	GOLDEN BEARS	VS
Fri Oct 31	6:00 PM	8:00 PM
Sat Nov 1	5:00 PM	7:00 PM
Nov 7 - 8	7 PM / 6 PM	9 PM / 8 PM
Fri Nov 14	6:00 PM	8:00 PM
Sat Nov 15	5:00 PM	7:00 PM
Nov 28 - 29	7 PM / 6 PM	9 PM / 8 PM
Fri Dec 5	6:00 PM	8:00 PM
Jan 9 - 10	5 PM / 4 PM	7 PM / 6 PM
Jan 16	6:00 PM	8:00 PM
Sat Jan 17	5:00 PM	7:00 PM
Jan 23 - 24	5:00 PM	7:00 PM
Fri Jan 30	6:00 PM	8:00 PM
Sat Jan 31	5:00 PM	7:00 PM
Feb 5	6:00 PM	8:00 PM
Fri Feb 13	6:00 PM	8:00 PM
Sat Feb 14	5:00 PM	7:00 PM

CANADA WEST PLAYOFFS

Feb 20 - 22 Play In Series
Feb 27 - Mar 1 Quarter-Finals
Mar 7 - 8 Final Four

CIS NATIONAL CHAMPIONSHIPS

Mar 12 - 15 @ Ryerson (Toronto)
Mar 12 - 15 @ Laval (Quebec City)

NON CONFERENCE GAMES / TOURNAMENTS

Sat Sep 27	7:00 PM	GB vs Alumni @ Main Gym
Oct 17 - 19		Pandas Hoopfest
Sat Oct 18	7:00 PM	GB vs Lakehead

GOLDEN BEARS & PANDAS

VOLLEYBALL

PANDAS	GOLDEN BEARS	VS
Fri Oct 10	7:30 PM	8:00 PM
Sat Oct 11	5:00 PM	6:30 PM
Oct 17 - 18	6:00 PM	8:00 PM
Fri Oct 24	7:30 PM	8:00 PM
Sat Oct 25	5:00 PM	6:30 PM
Oct 31 - Nov 1	6 PM / 5 PM	7:30 PM / 6:30 PM
Fri Nov 7	7:30 PM	8:00 PM
Sat Nov 8	5:00 PM	6:30 PM
Nov 14 - 15	7 PM / 6 PM	8 PM / 7 PM
Nov 28 - 29	7 PM / 6 PM	8 PM / 7 PM
Fri Jan 9	7:30 PM	8:00 PM
Sat Jan 10	5:00 PM	6:30 PM
Jan 16 - 17	5 PM / 4 PM	7 PM / 6 PM
Fri Jan 23	7:30 PM	8:00 PM
Sat Jan 24	5:00 PM	6:30 PM
Jan 30 - 31	5 PM / 4 PM	6:30 PM / 5:30 PM
Fri Feb 6	7:30 PM	8:00 PM
Sat Feb 7	5:00 PM	6:30 PM

CANADA WEST PLAYOFFS
Feb 13 - 15 Quarter-Finals
Feb 20 - 21 Final Four @ Saskatchewan | @ Toronto

CIS NATIONAL CHAMPIONSHIPS

Feb 26 - 28 @ Toronto | @ Saskatchewan

NON CONFERENCE GAMES / TOURNAMENTS

Wed Sep 10	Golden Bears vs Masters @ 7:00 PM
Thur Sep 11	GB & P vs Alumni @ Main Gym - 6:30 PM & 8 PM
Sep 25 - 27	Golden Bears Sofa Land Classic
Jan 2 - 4	Pandas New Years Classic

GOLDEN BEARS

HOCKEY

CANADA WEST CONFERENCE GAMES

Legacy Game	Sep 26 - 27	8:00 PM	@ British Columbia
Kids Go Free	Fri Oct 3	7:00 PM	Lethbridge
Max's Classes Night	Sat Oct 4	6:00 PM	Lethbridge
Family Day	Oct 10 - 11	7:00 PM	@ Regina
	Fri Oct 17	7:00 PM	Saskatchewan
	Sat Oct 18	6:00 PM	Saskatchewan
	Fri Oct 31	7:00 PM	Mount Royal
	Nov 1	6:00 PM	@ Mount Royal
	Nov 7 - 8	6 PM / 5 PM	@ Manitoba
	Fri Nov 14	7:00 PM	British Columbia
	Sat Nov 15	6:00 PM	British Columbia
	Nov 20	7:00 PM	@ Calgary
	Fri Nov 21	7:00 PM	Calgary
	Fri Nov 28	7:00 PM	Manitoba
	Sat Nov 29	6:00 PM	Manitoba
	Sat Jan 3	6:00 PM	Calgary
	Jan 4	6:00 PM	@ Calgary
	Fri Jan 9	7:00 PM	Regina
	Sat Jan 10	6:00 PM	Regina
	Jan 16 - 17	7:00 PM	@ Lethbridge
	Fri Jan 23	7:00 PM	Mount Royal
	Jan 24	7:00 PM	@ Mount Royal
	Jan 29 - 30	6:00 PM	@ Saskatchewan

CANADA WEST PLAYOFFS

Feb 20 - 22 Quarter-Finals
Feb 27 - Mar 1 Semi-Finals
Mar 5 - 7 Finals

CIS NATIONAL CHAMPIONSHIP

Mar 12 - 15 University Cup
@ Halifax (SMU /STFX)

NON CONFERENCE GAMES / TOURNAMENTS

Thur Sep 4	7:00 PM	Augustana
Wed Sep 17	7:00 PM	Offs' Rookies
Fri Sep 19	7:00 PM	Brick Inv GB vs U of S
Sat Sep 20	6:00 PM	Brick Inv GB vs Calgary

PANDAS HOCKEY

CANADA WEST CONFERENCE GAMES

Oct 3 - 4	7:00 PM	@ Lethbridge
Fri Oct 10	7:00 PM	Regina
Sat Oct 11	2:00 PM	Regina
Oct 17 - 18	7:00 PM	@ Saskatchewan
Fri Oct 24	7:00 PM	Mount Royal
Oct 25	7:00 PM	@ Mount Royal
Fri Nov 7	7:00 PM	Manitoba
Sat Nov 8	2:00 PM	Manitoba
Nov 14 - 15	8 PM / 3 PM	@ British Columbia
Nov 21	7:00 PM	@ Calgary
Sat Nov 22	6:00 PM	Calgary
Nov 28 - 29	5:30 PM / 12 PM	@ Manitoba
Jan 9 - 10	6 PM / 2 PM	@ Regina
Fri Jan 16	7:00 PM	Lethbridge
Sat Jan 17	6:00 PM	Lethbridge
Jan 23	7:00 PM	@ Mount Royal
Sat Jan 24	6:00 PM	Mount Royal
Fri Jan 30	7:00 PM	Saskatchewan
Sat Jan 31	6:00 PM	Saskatchewan
Fri Feb 6	7:00 PM	Calgary
Feb 7	6:00 PM	@ Calgary
Fri Feb 13	7:00 PM	British Columbia
Sat Feb 14	2:00 PM	British Columbia

CANADA WEST PLAYOFFS
Feb 20 - 22 Quarter-Finals
Feb 27 - Mar 1 Semi-Finals
Mar 6 - 8 Finals

CIS NATIONAL CHAMPIONSHIP

Mar 12 - 15 @ Calgary

NON CONFERENCE GAMES / TOURNAMENTS

Thur Sep 11	5:15 PM	MacEwan
Sep 27 - 28	7 PM / 1:30 PM	Team Alberta under 18
Fri Jan 2	7:00 PM	NAIT

INDIVIDUAL GAME DAY TICKETS

GB Hockey / GB&P Basketball GB&P Volleyball / GB Football		P Hockey Conference & Playoffs
Conference	Playoffs	Playoffs
Adult	\$15	\$16
Student	\$8	\$10
Family (2 Adults, 2-3 Kids)	\$35	\$40
Family (2 Adults, 2-3 Kids)	\$35	\$40

*Under 18 or valid ID Card
(2 Adults, 2-3 Kids) Family \$35 \$40 \$25

*Kids 5 and under are Free. *Senior Discount available at Box Office.

8 GAME FLEX PACKS

Provides the flexibility to create your own schedule.

Adult \$80 (\$10/game)
Student \$40 (\$5/game)

Not available for purchase on Game Days.
Valid for regular season conference play only.

ADULT GROUP RATE

35% off regular price for group of 20 or more.

NEW

ONLINE WEEKLY TICKET SPECIAL

For upcoming weekend conference games only.
GB Hockey / GB&P Basketball / GB&P Volleyball / GB Football

Adult \$12
Student \$6

Advanced sales only. Not available game days.

www.bears.ualberta.ca

SEASON TICKETS

SUPPORT
YOUR TEAM

- Raincheck privileges - redeem unused tickets for a future regular season home game.
- Playoff game tickets at your season ticket holder rate.
- 10% off on merchandise sold through the Sales Office.

NEW - Purchase One Adult Season Ticket Package, Get One Student Ticket Package FREE.
Offer valid until November 1, 2014

GB Hockey (14 G)	GB&P Basketball (11 G)	GB&P Volleyball (12 G)	GB Football (4 G)	P Hockey (14 G)
Adult \$126 (\$9/game)	\$99 (\$9/game)	\$108 (\$9/game)	\$36 (\$9/game)	\$112 (\$9/game)
Student \$56 (\$4/game)	\$44 (\$4/game)	\$48 (\$4/game)	\$16 (\$4/game)	\$42 (\$3/game)



HOME GAME VENUES

Golden Bears and Pandas Hockey play at
Clare Drake Arena 88 Ave. & 115 St.

Basketball and Volleyball, play at
Saville Community Sports Centre 11610 - 65 Ave

Rugby plays at The Druid's Clubhouse
in Sherwood Park 524 A HWY 14X

Wrestling, Track and Field & Swimming compete at
U of A Pavilion / Van Vliet Centre 87 Ave. & 114 St.

Football, Soccer, Tennis & Curling play at Saville
Community Sports Centre / Foote Field 67 Ave. & 114 St.

Event Times are Mountain Time

FOR TICKETS AND INFORMATION

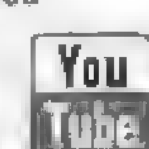
780-492-BEAR (2327)

- IN ADVANCE at the Sales Office W-79 Lower Level Van Vliet Centre, University of Alberta Campus.
- ON EVENT NIGHT at the Ticket Booth prior to entering event. Subject to ticket availability. Advance purchase is recommended.
- Online at ticketmaster.com or bears.ualberta.ca

www.bears.ualberta.ca

www.pandas.ualberta.ca

@ BearsandPandas





ALUMNI ASKED & ANSWERED

with
Daniel Arnold
'00 BFA

Current Occupation:
Actor and Writer (Super Channel, Sept. 18)
lawrenceandholloman.com

Favourite campus memory?
"Going fishin' at the pier" with my good pal Jesse Gervais. And what that means is: going to The Periodicals (i.e., the pier) section of the library where all the hot girls seemed to study. Sadly we never caught anything, but it was nice to just go fishin'.

What's the one piece of advice you'd give a current U of A student?
Other than go fishin' at the pier? I guess it would be that you get out what you put in to school. No one's going to hold your hand; the more you work at your education, the more it works for you.

Favourite course/professor?
Too hard to choose, but I think the one course that helped mold who I am as a professional actor/ writer is Charlie Tomlinson's "Self-Creation" class. I had always written things before, but that was the first class in which I wrote for myself as an actor, with my own voice ... using my self and my acting tools to create a story. I think that class really sparked that in me.

Favourite secret make out or study spot?
I liked the top floors of the library, those desks that lined the walls, those were good ... for studying!

What impact has the U of A had on your life?
The BFA Acting program at the U of A is a truly high quality program, one of the best in the country. In order to attend, you must complete at least one year of general studies, or have a diploma, so I got a well-rounded education in the Bachelor of Arts before specializing in the field of acting. So upon graduation, I was prepared with tools for a career as an actor and creator. "A life in the theatre" was my dream from the age of 12, so I'd say the U of A had a pretty big impact.

alumni.ualberta.ca/students

UNIVERSITY OF ALBERTA
ALUMNI

TOP 5 EPIC LOSING STREAKS

In order to commemorate the football Bears' three year losing streak, the Gateway's sports staff came up with a list of the top five most epic losing streaks of all time.

5. NHL's Washington Capitals (1974-75) and San Jose Sharks (1992-93) - 17 games

The Washington Capitals' first season in the NHL certainly wasn't one to remember. The expansion franchise went 8-65-5, the worst record in the league. The low point came when the Caps lost 17 games in a row midway through the season. Washington's futility has been matched only by San Jose, who also lost 17 games in a row during their second season of NHL existence in 1992-93. - Cameron Lewis

4. NBA's Cleveland Cavaliers (2010-11) and Philadelphia 76ers - 26 games:

After dumping all of their good players, expectations were low for the 76ers going into the 2013-2014 season. After a surprising 3-0 start to the season, they came crashing back down to earth losing 26 straight games. This losing streak matches the Cleveland Cavaliers' record for NBA incompetence set in 2010-11, which was the year after the infamous "decision" saw superstar LeBron James leave Cleveland to play in Miami. The Cavs went

from a league best 61 wins in 2009-10 to a league worst 19 wins the next year — the greatest disparity in consecutive seasons in the history of the NBA. - Zach Borutski

3. CIS Football's Toronto Blues - 49 games:

It's a shame that such a brutal losing streak happened to a team with such a storied history. The Toronto Varsity Blues have won four Grey Cups, along with the first ever Vanier cup in 1965 after a rule change made it so university teams were no longer allowed to compete for Canadian football's ultimate prize. But things have changed in recent years. Between 2001 and 2008, the U of T Blues lost 49 consecutive games, a streak of futility that has yet to be matched in Canadian college football. In September 2008, they squeaked past Waterloo with a 18-17 victory to end the epic streak. The program has been gradually trending upwards recently, as they posted their first .500 record since 1993 last year. - Zach Borutski

2. NCAA Div 1 Football's Prairie View A&M Panthers - 80 games:

The two most notable things about Prairie View A&M University are their football team and Mr. T. On the bright side, the well known actor and TV personality Mr. T

attended the university, but did not complete a degree. On the flip side, their NCAA Division I football team holds the record for most consecutive losses of any college or professional level football team in Canada or the United States with 80. I pity the fools that played for Prairie View Panthers because they lost every single game they played between 1989 and 1998. - Cameron Lewis

1. NCAA Div III Basketball's Caltech Beavers - 207 games:

The California Institute of Technology is a private research university known for its strong engineering program — not its athletics. The Caltech Beavers men's basketball team plays in NCAA Division III, and owns the record for the longest losing streak of any NCAA team of any division with a whopping 207 games. The Beavers didn't manage to win a single game between 1996 and 2007. In 2007, the Beavers flattened Bard College — a small liberal arts college from upstate New York — 81-52 to snap this epic streak. Caltech's list of notable graduates includes a long list of Nobel laureates, a few astronauts, the co-founder of the computer software known as Intel and unsurprisingly, no professional basketball players. - Cameron Lewis



SUPPLIED

WNBA star Hammon blazes path for female coaches

Mergim Binakaj
SPORTS WRITER • @MEAGM

Socially conscious hirings have become archetypical for the NBA, and the league responsible for hiring the first African-American coach and the first female referee — Bill Russell and Violet Palmer, respectively — has now hired the first female assistant coach of any major professional sports league.

WNBA all-star and Olympian Becky Hammon was hired by the San Antonio Spurs as a full-time assistant coach this August, making her the first female to have a full-time coaching position in the NBA. Lisa Boyer, another former WNBA star, was a voluntary part-time assistant coach with the Cleveland Cavaliers in 2001, and did not travel with the team.

The hire has sent tremors across the sports world, particularly in the realms of women's athletics.

"Of course it was San Antonio," University of Alberta Pandas basketball head coach Scott Edwards said. "Of course it was the San Antonio Spurs that did this first, that thought outside the box."

"They're just a phenomenal organization, and (Spurs Head Coach Gregg Popovich) is a phenomenal leader."

Despite the popular nature of the hire, the perennially-classy Spurs organization has constantly avoided mention of the fact that Becky Hammon is female. Hammon continues to tell reporters that she was hired by the Spurs based on her basketball IQ and qualifications — with her gender being a mere coincidence.

Hammon prefers to focus on her hire as purely basketball-IQ related, but she is also embracing a pivotal

role in breaking the sexist barriers of professional sports.

"I think in every other area whether it be surgery or politics or even our military, women are trail-blazing paths everywhere," Hammon said during a media conference. "I think it was only a matter of time before this is another area that a woman walks into."

42 years after an amendment was made in the U.S. to eliminate gender discrimination in higher education by equalizing funding between male and female athletics, females still do not represent the majority of coaches in women's sports. Athletics are still generally dominated by male coaches — in both men's and women's sports.

Studies conducted by the University of Central Florida's TIDES (The Institute for Diversity and Ethics in Sport) institute concluded that women only hold 38.6 per cent of the head coaching jobs in Division I NCAA Athletics, with no significant change in recent years. Basketball is relatively ahead of the curve, with female head coaches in Division I women's basketball holding 62.3 per cent of the available jobs in 2012.

The amount of female coaches in the men's divisions is microscopically low — but Hammon's hiring could be a sign of things to come.

Hammon's hiring to the defending champion of the best basketball league of the country is very telling of competence of female coaches — and a successful stint with the Spurs would certainly change a lot of attitudes around the sporting world. Hammon has the potential to influence and motivate future female athletes to look at coaching as a career possibility.



SUPPLIED

Packers take home the Super Bowl, Manziel grabs the spotlight

Christian Pagnani
SPORTS WRITER • @CHRSTNPGNNI

Superbowl Champs: Green Bay Packers

With last season's injury woes and defensive concerns behind them, the Green Bay Packers are a reasonable favourite to win the Superbowl. The combination of sophomore Hicah Myde and 2014 first round pick Ha Ha Clinton-Dix at safety, and the addition of linebacker Julius Peppers solve the Packers' defensive woes that plagued them last season. A full season of quarterback Aaron Rodgers will allow the Packers offence to play up to its potential. Last season, the Packers went 6-2 in games Rodgers started and finished, and 2-5-1 in games that he wasn't playing. With an improved defensive core and a healthy Aaron Rodgers, it's hard not to see the Packers as Super Bowl champs.

Letdown Team: Carolina Panthers

Last season, the Panthers ended a four year playoff drought by winning the NFC South with a 12-4 record, but expectations heading into this season have to be tempered. There are many questions about their offensive line and whether or not it can hold up, leading to even more concerns about quarterback Cam Newton's health. Newton will have to produce the majority of the offence on his own as a result of the loss of Steve Smith and Brandon LaFell, two of his top receiving targets from 2013. With Newton coming off an ankle surgery to start the season and a tough schedule that sees the Panthers play their first five games against playoff teams, Carolina will be in tough to repeat last season's success.

Breakout Player: Jordan Reed

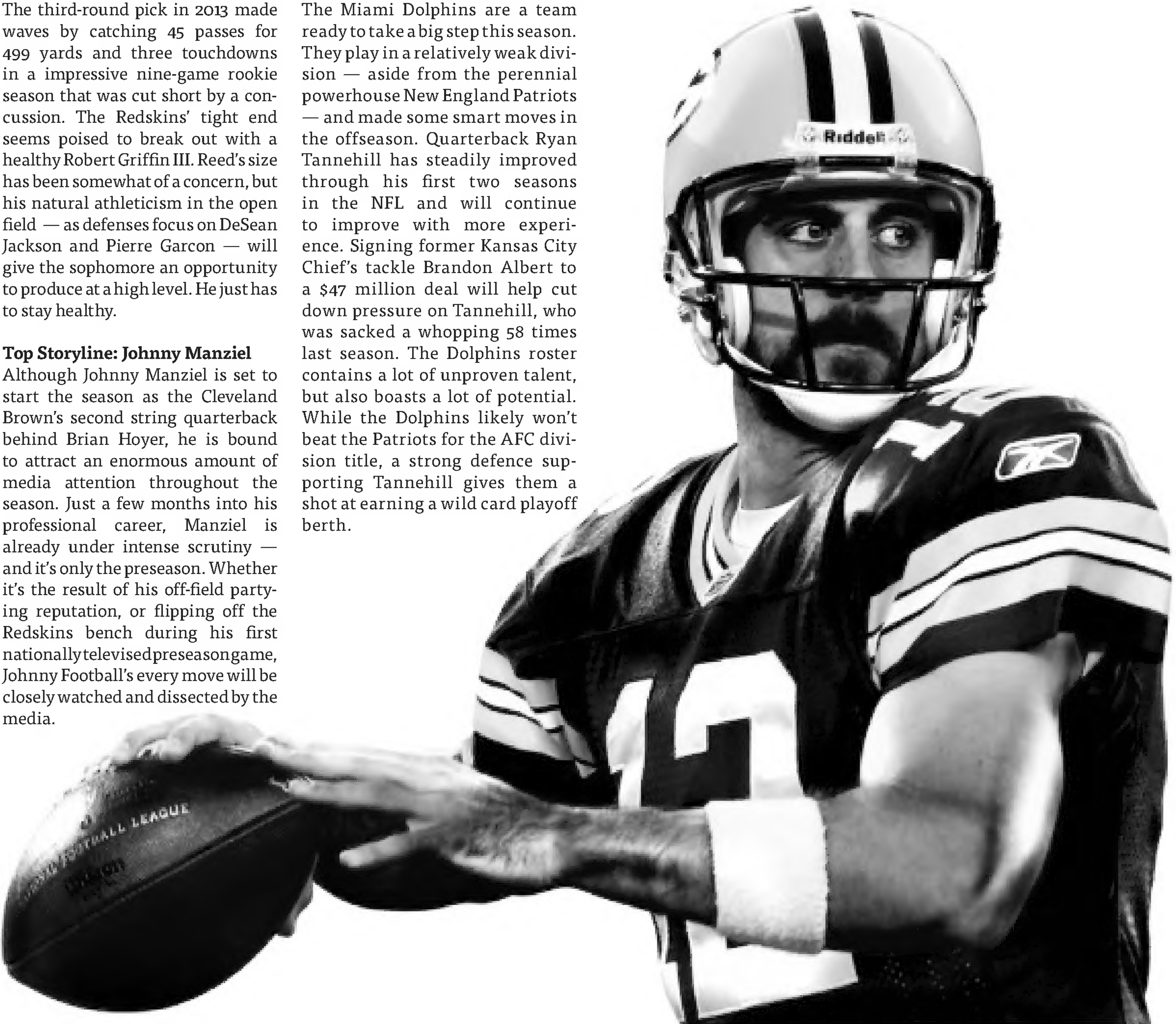
The third-round pick in 2013 made waves by catching 45 passes for 499 yards and three touchdowns in a impressive nine-game rookie season that was cut short by a concussion. The Redskins' tight end seems poised to break out with a healthy Robert Griffin III. Reed's size has been somewhat of a concern, but his natural athleticism in the open field — as defenses focus on DeSean Jackson and Pierre Garcon — will give the sophomore an opportunity to produce at a high level. He just has to stay healthy.

Top Storyline: Johnny Manziel

Although Johnny Manziel is set to start the season as the Cleveland Brown's second string quarterback behind Brian Hoyer, he is bound to attract an enormous amount of media attention throughout the season. Just a few months into his professional career, Manziel is already under intense scrutiny — and it's only the preseason. Whether it's the result of his off-field partying reputation, or flipping off the Redskins bench during his first nationally televised preseason game, Johnny Football's every move will be closely watched and dissected by the media.

Surprise Team: Miami Dolphins

The Miami Dolphins are a team ready to take a big step this season. They play in a relatively weak division — aside from the perennial powerhouse New England Patriots — and made some smart moves in the offseason. Quarterback Ryan Tannehill has steadily improved through his first two seasons in the NFL and will continue to improve with more experience. Signing former Kansas City Chief's tackle Brandon Albert to a \$47 million deal will help cut down pressure on Tannehill, who was sacked a whopping 58 times last season. The Dolphins roster contains a lot of unproven talent, but also boasts a lot of potential. While the Dolphins likely won't beat the Patriots for the AFC division title, a strong defence supporting Tannehill gives them a shot at earning a wild card playoff berth.



Diversions

Design & Production Editor
Jessica Hong

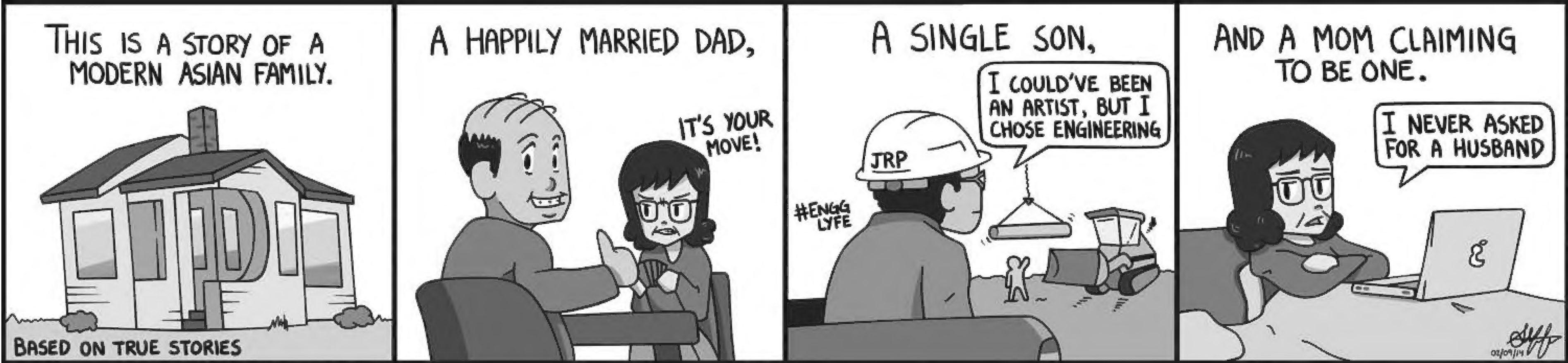
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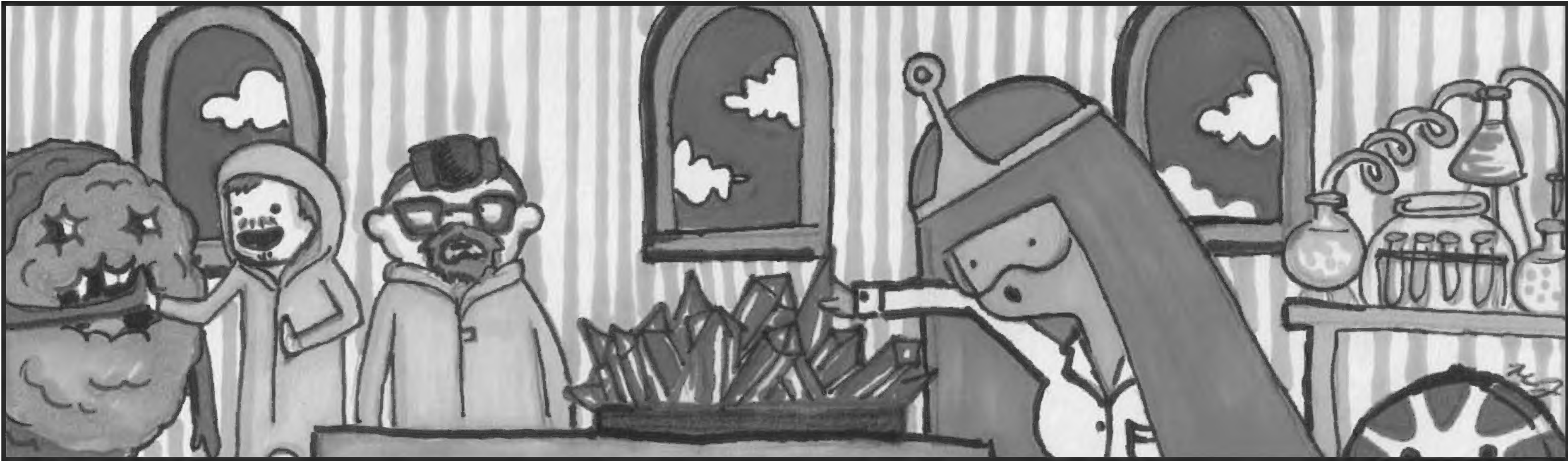
MODERN ASIAN FAMILY by Stefano Jun



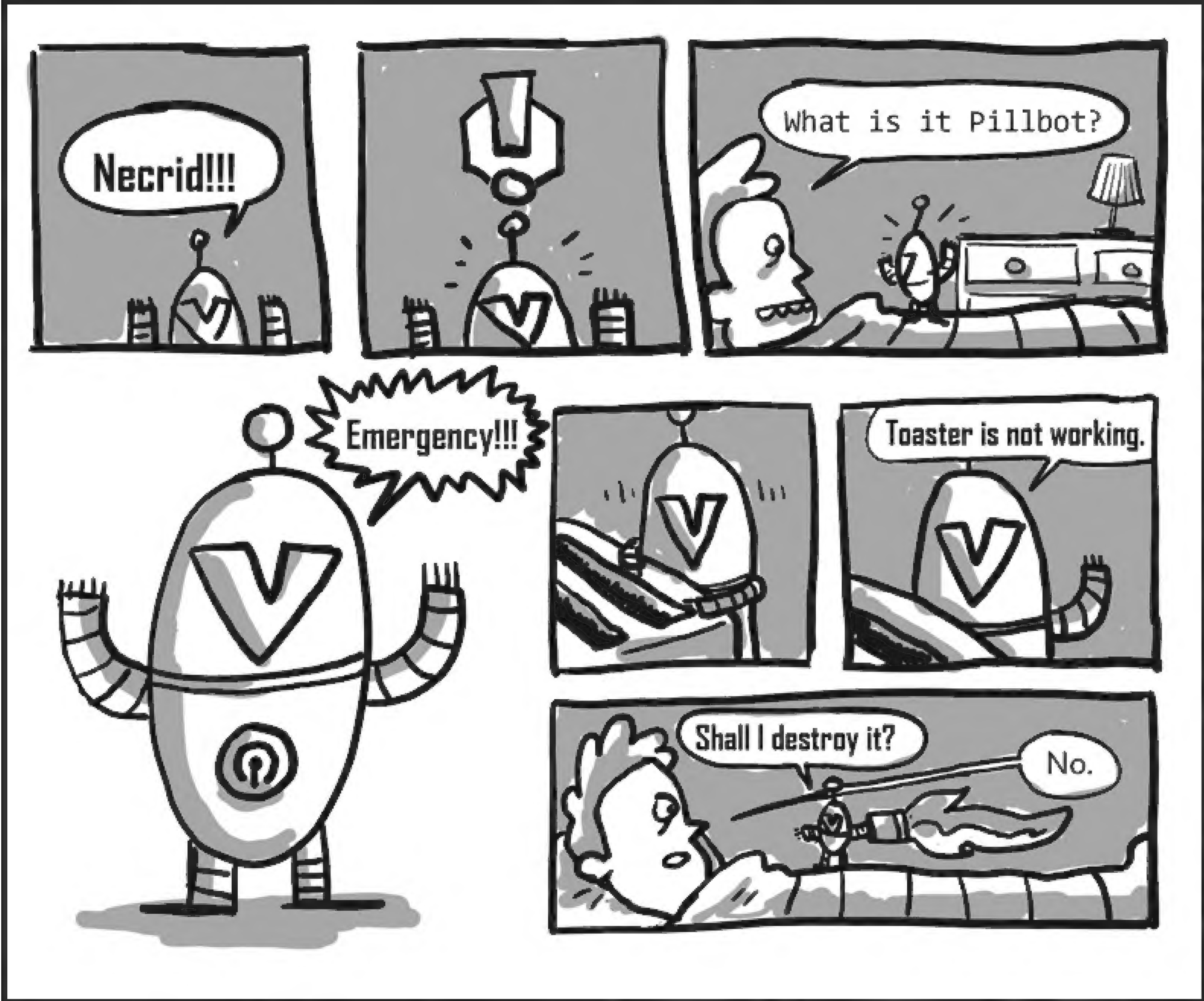
UNBEARABLE by Christopher Borger



BREAKING BUBBLEGUM by Mikelie Johnston



PILLBOT by Nil Lasquety



FIRST YEAR by Grumpy Cat



JON by Cam Lewis



A black and white photograph of a crowd of people at a party, with many arms raised in the air. Overlaid on the image is promotional text for an event. At the top center is a logo for "THE RANCH" in a stylized font. Below it, the words "GLOW PARTY" are written in large, bold, white capital letters. To the right of "GLOW PARTY", the text "Special Night!" is written in a script font, followed by "THURSDAY SEPTEMBER 4" in bold white capital letters, and "DOORS AT 9PM" in a smaller font. Below "GLOW PARTY", the text "MUSIC BY INTERNATIONAL PLAYMATE" is written, followed by a logo for "dj Crystal Ellis" which includes a heart shape. At the bottom left, the address "6107 - 104 ST" and the website "theranchroadhouse.com" are listed, along with social media handles for Facebook, Twitter, and Instagram. At the bottom right, the text "\$3 HI-BALLS & TEQUILA" is written, followed by "FREE body painters & glow kits" in a script font.

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